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Goodbye disease



hello health

Rediscover Haft Sin

The first Sin Sanjad,
the story of seven magical foods



Researcher Ali

Akbar Mirza Aghaei (Khansari)

DETECTION OF HAFT SIN AGAIN

STORY OF SEVEN MAGIC FOODS



FIRST SIN SENJED (Russian Olive)

Investigator & Author: Aliakbar Mirza aghaei
(khansary)

Translator: kavos Navidan

Detection of Haft Sin again (first sin senjed)

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IN NAME OF GOD
DETECTION OF HAFT SIN AGAIN
STORY OF SEVEN MAGIC FOODS



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This offer
Is for Children, Ancestors, Fathers and Mothers
Grand Fathers and Grand Mothers
For past, present and future

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Preface

In the ancient days and since hundreds of century human being started to work and made effort in the life just today's human in the life stage and fought for his survival, in parallel, was also thinking of own supply for food and clothing and own life & health protection. Therefore human was thinking of health and to find the ways of healthy living and relive of physical disorders in which after that stated as medicine, certainly was human's first spark of thought. Effort for healthy living and medicine have very extensive dimension with the length of human being creation and width of thousands of research and experience. Chinese and Japanese are believed that their medical information was exist since hundred century before, on the base of herbal medicine and available historical document are indicated that since three thousand years before Christ, gardens and great farms were constructed for growing of medical herbs in the countries. Then medical herbs is spread out step by step in some regions of India and other far East countries, Greece, Egypt, Iran and Arabic countries and Arabic peninsula then in Europe and other world's Regions.

Greeks are believed that Indian medicine is older than Greek medicine and from Indian medicine's specifications it is clear that, treatment with herbs by the help of spell and magic were used for patient treatment. Hippocrates was lived in the period of 377- 460 before Christ, who was the Father of medicine or in Islamic countries he was known as shekh-alAteba and who is author of first medical

ethics and regulations book. After Hippocrates, it was Galen (Jalinus) that appeared in medical stage and then the Galenic medicine period started.

In Iran and at the Achaemenian (Hakhamaneshi) period medical herbs had dramatic expansion and in addition of existence of medical experience in the country also it was used from Greek medical Achievements, even in that period all of practitioners had special headlines including as Doctor for general medicine, Doctor's knife for surgery. At the period of Sassanid traditional medicine was extended out more and after that famous medical school of Jundishapur was established in Iran. One of famous proceeding program of that period was foundation of medical congress and out of those famous philosophers in which they took part at the same congress were Jebraiel, the famous Doctor from Jundishapur and Doctor & wiseman Borzouyeh who had translated Indian books should be Named. From first famous Iranian Doctors was Mohammad zakariayhe Razi who lived between 850- 925 AD. He has written about hundred books and Treaties like medical Encyclopedia, Havi, Mansouri, Tebb-Almoluki and Smallpox Treaties, Measles and like as/mentioned books. Also he was responsible and presidency for medical center of Baghdad city at the same time. It is known that He became blind at the end of his life. After death of Razi for some years, there was no famous book published. Until at the time of Abu Ali Sina (fifth century of A H) many Persian and Arabic books were written including books,

known as Ganun- Gulenj (Colic) and Nabz (Pulse) Treaties can be cited in which Nabz textbook is written in Persian. In the ancient days, plants not only was used for treatment of sickness but the main element for different plants was raw material for Mummification and Body protection and preventing from corruptions. Also was used for preparation of the compounds for beauty so called as make-up and women's toiletry and also was used for preparation of medical oils, perfumes and treacle (opium in Greek) and Antidote like them, Etc.

history says: in the first century after Christ, Romans used spice plants only in own kitchen for disinfectant powder, flavor often was used to mask unpleasant odors of cookery materials and some foods. After that with the extension of trade and cultural relationship between big countries like Iran, China, India and Greece and also transportation and exchange of information between people of countries and detection of new regions and continent like Africa and America introduction of spice plants and usage of them were wide expended gradually and in the most countries was considered and assigned as tropic regions of world and used by people also was one of the important items in international trade.

But this book

The main motivation in writing and preparation of this book was to make effort in order to responsiveness needs of today's society to get more information and to make access to quality and recognition

regarding properties and application of useful food materials, specially Haft Sin in Iran, but unfortunately the table of Haft Sin is considered only at the first week of Iranian new year called as Nowruz, and afterwards component of this table like senjed (rusian olive) will get preserved at safe place till next year's Haft Sin table instead of promotion of its consumption. In other side consumption of medical plants, fruits, dairy, good foods like components of Haft Sin with the help of changing of active and healthy life can be effective in prevention of the sickness like heart attack, brain attack, diabetes and cancer and can decrease intensive of sickness dramatically.

Now it is the time to pay regard and thanks and make appreciate of Mr. Hosain Haidary Author of the book named "Moaref Geiahi" (Plant Education) and Hojatollah Mr. Rayshahri Author of "Daneshnameh Ahadith- pezeshki" (medical saying encyclopedia) for their grate efforts in writing of this valuable books in which I had honor of using some articles from those a/m books in preparation of this book named as new detection of Haft Sin.

Therefore by consideration of the non communicable diseases expansion, disability, and causes of death among of the staff and their family and other people in the industrial cities in which the range of catching diseases also have been extended to villagepeoples are remained at the stage of alert phase and in case of not consideration of the health care directions, many dangers are in ambush.

It seems that the only way out of this problem is to correct the food behavior, healthy life method, regular physical activity, pay attention to spirituals, return to own culture, and to be far away from western life method and non excessive use of chemical drugs.

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INTRIDUCTION

Author of books named Mosallaseh Tandorsti (heathly triangle), Razeh Salamati (secret of health) and Salam Docharkheh (Hello to Bike) Mr. Aliakbar Mirza aghaei (khansary) who is a researcher and person who is very interested in health of all the people. He has many years of work & experience in education. The book named Detection of Haft Sin again is another book from Mr. Aliakbar Mirzaaghaei in which has been prepared according to research, this book returns the reader to own originality and traditional foods. I have studied whatever is reviewed and concluded in relation with senjed

Senjed in Imam's saying

- 1-Senjed is effective in all dangerous sickness like cancer, hearth and Artry diseases, brain diseases, and diabetes.
- 2-Senjed possess vitamins C, B and Carotene.
- 3- Consumption of senjed's flower extraction is guarantee of health
- 4- Senjed suppresses the dangerous fever.
- 5-Senjed make miracle in diarrhea treatment
- 6-Senjed's leaves sodden is effective in liver disorder.
- 7-Senjed is effective in health and prevention of bleeding the gums.

8-Taking of senjed along with milk stops hiccough.

9-With the help of senjed one can quit the smoking.

10- Senjed can be used in treatment of stomach discomfort.

11- Available Amino acid in senjed is effective in ulcer

(Stomach wound).

Doctor Yadullah Chitsazian.

First Season

Detection of Haft Sin again

Let we call Haft Sin together

Haft sin is the symbol of what?

Why not seven shin?

Haft Sin in historical and old books

What is the philosophy of number seven?

Why seven and why sin?

Now we start from which sin now?

Detection of Haft Sin again

It was long time ago, I had decided to write a comprehensive articles about Haft sin, but there was no opportunity, till finally this opportunity achieved and whatever I studied regarding component of Haft sin more, the subject was interested in me more. Why Haft sin has been chosen but not seven shin ? (two Farsi letters) what was the cause of naming of Haft sin whether at first number seven is chosen and then letters sins is chosen? Or vice versa at first letter sin then number seven is chosen? The other question is occupied in my mind was this matter that whether transposition in naming of sins was important or not? After that I thought about properties of sins in the Haft sin's table. You please join me to see how much we can go ahead in this subject.

Let we call Haft sin together

In the Haft sin table, these items is mentioned : Sabzei (vegetable), Sib (apple), Senjed (buckthorn), Seer (Garlic), Samanu, Serkeh (vinegar), somag (sumac), Sekkeh (coin), Sonbul (Hyacinth). Of course when we count them becomes nine sin. Now we want to call correct sin. The first sin is seer. I am present, second sin serkeh, I am present, third sin sib present, fourth sin sumac present, fifth sin samanu present, sixth sin senjed, Sir! senjed is absent, why we do not know! Seventh sin sabzeh I am present. Normally markets for Haft sin table will be busy at the middle of month of Esfand (Persian 12th month) every year. In some families which their encouragement

for the Nowruz tradition are children specially daughters, so that they prepare the table in such a way that put different component of Haft sin in that table with different style, so as to become messenger for the new year along with health but they would not think of philosophy of Haft sin.

Haft sin is the symbol of what?

At my first research regarding Haft sin, I referred to the dictionary so that to understand how the Haft sin is remembered? at the page number 1392 of Amid dictionary, Haft sin is mentioned as a table which was spreading at the time of Iranian new year and putting on the table seven kind of foods in which the first letter of the name of those food material was letter sin including seer (Garlic), serkeh (vinegar), sib (apple), somag (sumac), saman, senjed (buckthorn), sabzeh (Brunet), and used them for fortune telling say: to be healthy, have happiness and greenery until next year.

Why not seven shin?

In the other part of searching through internet, I find new articles in which the story of Haft sin was related to kianian time. I read that at first Haft sin was seven shin, some people also was related the Haft sin as seven table or originally they known as seven Mim or seven Chin that means seven chidany (to put on) where as researchers did not take serious rooting of it. Only Hunrichsen from German which traveled to Iran in year 1860 AD and wrote that Iranian for

Nowruz (Iranian new year) were planted some flowers, or they cook breads that was used from seven cereals.

Haft sin in historic and old books

In this lovely research I reached to this conclusion that, preparing of Haft sin table in which is common today, but in past time it was not considered so much and there was no Nowruz ritual and perhaps the cause of it was that, in historical and old literary books nothing is mentioned.

Aburayhan Biruni knows the Haft sin table since Jamshid (Iranian old king) time. Then this custom remained stable in which people were planted seven kinds of cereal in seven dishes and grown them to be green for the nowruz and from growth of these cereals, the good quality and bad quality of product and implanting rate was forecasted for the next year. Perhaps the oldest sign from this table was plantation of twelve or seven columns of beans in which Jamshid was planted and growth rate of seeds was good opinion for growth of that seed in the future.

What is the philosophy of number seven?

In relation with holiness and symbol of number seven in Haft sin has many speech. Presence of magical seven in before Islam period and after Islam in Iranian culture and even in non Iranians has special appearance. In Islamic culture it has many stories, from seven-store of skies, seven steps of mystic conduct, seven days of week, seven times of Tawaf (running around the God's house) till laying down of

seven organs of body in praying time (Namaz), seven fat cove and seven thin cove where inform us about seven years of abundance and seven years of starvation. In period of before Islam also in Iran seven angels of God and seven Sea is other samples of magical expression of number seven.

Why seven and why sin?

In relation with this subject that why seven and why sin, should say that in opinion of many peoples of the world the number of seven is chosen and is holy in Iranian new year Nowruz, choice of number seven is very considerable. Ancient Iranians have related the number seven to seven holy immortal. In astronomy also the number seven is named as house of wishes and promises to reach to seven hopes. Allameh Majlessy says: sky has seven store and seven queens or angels who are clients for them and if at the time of new year change, seven verse is read from holy Quran which is started by letter sin, the person will be remained safe from earth and heaven pests.

The secret of unknown and wonderful surprises of these cases can be recognize by opening of its secret with traditions, customs and vulgar interpretations by the help of imagination and intellection forces. of course there are subjects that many researchers have considered its appearance and do not know from its inside (understanding). For any cause durability of these customis the same internal secrets in which has linked with Iranian people's History, Culture and Temper and Habits. People of this Country was interested in happiness, health

and agriculture and for the stability and happiness with wisely thinking, they were spent their life and days with wisdom celebration.

Now we start from which sin:

At first I decided to write expanded articles regarding all of the sins of the Haft sin table but after few month and may be about one year, I thought regarding of all the seven sin of Haft sin, and reached to this conclusion that if I wanted to write a comprehensive book regarding Haft sin it will be a thick-set of book and normally instead of being in access of people in the society, it will be the guest of shelves in the libraries, for this reason I decided to write about every Sin or at least two sin just separately book. Now it is the turn of the first book and selected sin is reached?

The first choice among the seven sin was a little difficult. Exactly like the matter of selection of a good man from several good men for a pleasure trip. Ofcourse in this matter it is suggested that to make a lottery! But after thinking more about, I reached the result that among the seven sin to select that one in which has been neglected more and was oppressed and with trust to generous God, I wrote about it in the book named "detection of Haft sin again". Sultan of growing sabzeh (vegetable) which has been considered always. if there was no vegetable (greenery) the life has no meaning. Vegetable is sign of life and symbol of Growth, development. Then sabzeh (vegetable) is not stranger, green trees, green lands, those tables that decorated with dishes of vegetable, many times chlorophyll

(greenery) makes sense of peace. Let us leave it , some people that breaks branches of trees.Or some persons without any consideration trampled down the grass land or some people have no vegetable at their food table. Of course many people are who they are environmentalist and supporters of green space and they are active in protection of green areas and also are active in increase and plantation of useful trees. Then I thought of Sib (apple), fortunately this sin of Haft sin has many supporters. although this fruit also rather than other fruits has been considered less,when there are a dish of fruits like orange, tangerine, banana and be in access, apple will be chosen less, but the vast majority of people like this fruit. Elders remember of apple as small drug store and doctors named them as multi vitamin. The our sixth Iman, Imam sadegh says: if people were knowing about properties of apple they will be treated their patients by apple. I wish each Iranian eat one apple with its skin every day such that remains only its tail for cleaning of teeth. So we get result that apple also has strong present at all the eaves. Next sin was sumac which has active presence beside of kubideh kabab (barbecue) and with its beautiful color makes a nice scenic and delicious, the rice and kabab. But Seer (garlic) although some people prepare it but they don't like its smell and be upset. However this vegetable is integrated part of Fast Food and people consume it along with pickles and it is famous for Russian penicillin. We reach to next sin that is serkeh (vinegar), vinegar is remembered as prophet's sauce. If people understand the real properties of vinegar they would take it at

the food table instead of salt and in other cases also they would not miss it. So as with entry of vinegar to people's food and consume it correctly sickness will be decreased. At the end remains Samanu and Senjed. When I thought about these two Sin, I saw that their wronged is near and the same. but if we want to give them score, samanu's score is more, so as samanu is not neglected more but senjed (Rassian Olive) with all of its different properties is being insulted and has been property assassinated. there are many people that, at the time of compliment for this oppressed fruit accusation is made against it in which unfortunately this literature is more in gent's part and it is not seemly for people of Iran with good manner so as this colonial thinking be transferred chest to chest to next generation. please pay attention to it. See that Imam Hossain (AS) in which we love him in the book named Ayuneh Akhbar Al-Resa (AS) in second volume, page forty three, saying number 152 has ordered about the Senjed: God's prophet reached to ali-ebn-Abitaleb while he had fever. Prophet has recommended him to eat the Senjed and Imam Sadegh (AS) in book named as ketab Alkafi sixth volume page 361, first saying and in book named as Makarem al-Akhlag at first volume page 381 saying number 1277 has ordered as Senjed: < its meat grows meat, its bone grows bone and its skin grows skin >, in addition to this, senjed keeps kidneys hot, cleans the stomach, it is source of safety for hemorrhoid and makes distillation of urine, makes legs strong and cuts off the leprosy totally.

Second season

Senjed the cultural symbol

Time of making peace with senjed

Oh Senjed speak of yourself

Now, let to know about my Appearance

Appearance of bitter senjed (sea buckthorn)

Appearance of sweet senjed (angustifolia)

But about sea buckthorn's fruit

Component of sweet and bitter senjed

Which properties is hidden in senjed

Nature of sweet senjed

Nature of bitter senjed

Senjed, the cultural and wisdom symbol of people

In many literary articles senjed is remembered as cultural and wisdom symbol because in traditional therapists believe and normal treatment method, Senjed has more effective food materials for brain cells and causes the reinforcement of them and also reinforces the strength of self control from guilt. For this reason we, Iranians use the senjed as unforgettable sin among the Haft sin and we believe that putting up the senjed besides other sins of Haft sin for consumption, causes reinforcement of memory and brain and increases the learning rate of family members and continuing the consumption of senjed in day time causes cleaning the digestive system specially stomach and intestine.

Time of making peace with senjed

Now it is not bad to think about a riddle. The shirt which has not seen tailor, the flour which has not seen sorting, the wood that has not seen carpenter! What is that? Did you understand? Yes it is right, the answer is senjed and now it is the time of making peace with senjed, the turn of this astringent and lovely dry fruit has reached, and it is worthy to know that at first in the society intellectuals like Doctors, Artist, Masters, Teachers, Athletes, fathers and mothers, and then their children instead of taking worthless junk food like chips, puff, get benefited from chickpeas, raisins, almonds, walnut, pistachios, senjed (buckthorn) and like them. Undoubtedly, this one will be achieved with effort of all of them. So that we, by knowing or

not knowing the people of this country with all of the own facilities at the morning, lunch and dinner, thoughts of our children has been targeted in all different broadcasting and network like radio, television, publication to consume the harmful junk foods. then volumes and size of this advertisement is so strong that if father and mother prevents from purchasing of one pack of puff food or addictive chewing gum for their children, he /she by means of crying and begging, forces father and mother to buy these unhealthy foods. When father and mother tells them that my son /daughter I will buy you a healthy and tasty food instead of this harmful food he/she does not accept it. Because advertisement was so strong that has been established inside of his/her thoughts! Now and at this time same thing is happening so that it was occurred in our childhood period. What was that occurrence? Certainly you remember it, in Iran those food tables which was prepared by grandmother and grandfathers was foods like Grilling tray Kabab, Serabi and Sheerdan (sheep's stomach), Eshkeneh, Abgusht, Nargesi, Asheh Tarkhineh, Bozbash, Kalejush, Abdough and Cucumber, Bread and Cheese and vegetable or Bread and Cheese and Watermelon or Melon or Cantaloupe or Grape but after sometimes lapse and making those food worthless step by step those valuable foods stepped down of our food tables without knowing that how and by what tricks it has been changed the our food tables! I want to tell that in past period westerners has cheated us in all areas specially in case of food habits in such as Satan has deceived our ancient father and mother (Adam

and Eve).and caused that they came down from Throne. Westerns by promotion of unhealthy foods caused our people to be sick, why? Because they wanted to dominate to all of world's people. There is a proverb says: (wise man will not be snake bitten from one hole twice).Therefore let us make peace with our traditional and Iranian food.

Oh Senjed! Speak of yourself

Oh people,my name differs in different areas of Iran.In kurdestan People know me as Serin Chack, in Azarbijan my name is Eide or Eikade, in around Tehran I'm called as Pestanak, and in Esfahan people know me as Ghabideh badam. In traditional books I am called as Ghabira, Chubeh-daneh, Nagd, Bel and in Afghanistan people call me as Jedeh. People call me in French language as eleagn, and in common French my name is chaster and in English language people call me as olester and emian oleaster and Russian olive.

Now, let to know about my Appearance

I grow as small or big shrub. My leaves are oval shape of spear and over of leaves is silver blue color and backside of me is silver color and for this reason people call me as dusty Ghabira. My little yellow and aromatic flowers with strong fragrance which smells from long distance normally make allergy. Let to know that there is one type of senjed which grows in around of Tehran and karaj valley so that people know as bitter senjed (sea buckthorn), kam, kaham and in Talegan area is called as kah and in Miyaneh city of Azarbyejan

known as Chaly. In traditional book senjed is remembered as Abuganes and Romian Ghasul.

Appearance of bitter senjed (sea buckthorn)

Bitter senjed is small, barbed shrub with silver color leaves on backside and without leaflet, narrow, long and length of it is 2-3 centimeter and width of 23 Mm, and has male flower without pedicel and female flowers with pedicel and willing to green color. Senjed is included in a few plants that all of its parts like wood, leaf, fruit and root is consumable.

Now let to speak about appearance of sweet senjed (*Elaeagnus Anquistifolia*)

At first let we talk about sweet fruit of senjed: its fruit is the shape and dimension of olive, meaty with thin-skinned and sometime buff color and its meat is white buff color, astringent with little sweet test and eatable. Senjed tree grows in most of milled areas and all areas of Iran and is more in around of Tabriz city in Iran.

But about sea buckthorn's fruit

Sea buckthorn's fruit is egg shape and small. It has meat of orange fawn color and little bit has sure test. Implantation of it, is done by means of cutting or root welding easily and will Multiplies itself and quickly. At present mostly it is used in gardens. This shrub is available in Europe, west and central Asia upto China mostly. It grows in west north of Himalaya. In Iran also it is available in Alborz

Heights up to Azerbaijan and different areas, like Taleghan valley and Karaj valley up to 2000 meter Height.

Component of sweet and bitter senjed

Please read this article properly: there are chemical component in sweet senjed's skin like Alkaloid, and one other viscous oily Alkaloid also is available. From its plant and flower some little bit essence is extracted. but the buckthorn's fruit is source of rich vitamin C, acid Ascorbic and Dihydro ascorbic. One cup of tea prepared from fruit of it contains about 25 mg vitamin C where it is not stable and if it remains only 25 minute in heat will be disappears. But extracted powder of its fruit will maintain its vitamin C up to 2-3 years and also remains stable. The ripe fruit of it is the source of carotene, in addition, it has also vitamin B1. from its fruit about 26 percent fat in red color is extracted which has unpleasant smell and taste and it is the rich source of Carotene.

What properties is hidden in senjed

Property of sweet senjed: in India from senjed's core a kind of licking material or thick syrup is prepared in which it is consumed for treatment of catarrh and inflammation of mucous membranes with secreting, like in case of catarrh and also for infections of bronchi. In Spain senjed's flower juice is used for stopping of deadly and dangerous fevers.

Property of bitter senjed (Buckthorn): from sure fruit of bitter senjed with the help of sugar loaf a sort of very tasty jam is prepared. In

India the syrup which has been made by its fruit is prescribed in elimination of lung disease. The boiled fruit of bitter senjed is used for elimination of skin inflammations and flushed skin. Fresh and raw fruit of buckthorn, is used for elimination of complications related to deficiency of vitamin C.

Nature of sweet senjed

Nature of sweet senjed: from natural point of view and according to traditional medicine is cold and dry and from property point of view they believed that it is nutritious and fun. And that is useful for hot cough and is considered as astringent, diuretic and nutritious for masking (preventive feeling, and force of inhibitors of mistake and guilt) senjed makes relief of the nausea and the mess and destroys the bile and prohibits the pouring barrier material to stomach. Senjed, specially the raw senjed is useful for stopping of diarrhea. And its amount of feed is ordered till total fifty.

Nature of bitter senjed

Bitter Ssenjed : According to traditional medicine is cold and dry and from property point of view they believed that it is opener of eclipses and mucus and bile and is very useful for thirsty elimination. Generally traditional medicine uses from its root. The root of bitter senjed is nutritious and full of bitter juice which its bitterness can be removed and maintained it with kheler (green pea) flour and with caw grain is mixed, making to dry it. (kheler is a plant from parvaneh daran group of herbs in which has small leaves and white and yellow

flowers or pale blue one, so that its height reaches up to one meter) if one gram of root juice of it, which is mixed with honey to be eaten, acts as catalyst for bile and body humidity and is very useful for hot liver. In Syria from root of this plant, people used as soap for this reason it is called as Roman Ghasul.

Ladies and gents and sejed's flower

According to traditional medicine sejed's flower is dry hot property and it is very aromatic. From property point of view it is exciting lust specially for ladies and young girls (it is worthy that young girls prevents the smelling of it).Sodden and brewed of it is useful for diseases like paralysis, tetanus, also is useful for heart and lung scarring and shortage of breath. Also it is considered as nutritious of stomach and liver and opening of artery and also it is good for elimination of stomach gas and bloating, and useful for edema and jaundice. The food amount of its flower is 5 gram in which is consumed as brewed or sodden.

Leaf of sejed's tree and liver disorders

The leaf and root of sejed is used in perfumery and air freshener industries. Consumption of sodden or brewed sejed's leaf is very effective in decreasing of liver disorders and even is more effective in treatment of it.

Hepatitis disease and senjed

The senjed container which all the time I hold it has a special feature for me in which by this ways that is to make people happy and in other hand it is a factor that I increase my experience and knowledge with simple and applicable language in the university of society where people's experience regarding traditional food which has been transferred to us from our ancestors chest by chest to children of this country. In last training catering which I had from one local tradesman caused that to say a memories of hepatitis disease in which he was suffering before, he told that: I was suffering of hepatitis disease. My doctor prescribed necessary treatment orders after medical experiments and also he recommended me to consume daily from jujube and senjed's powder. I deed carefully those treatment orders and after some period again I returned to my doctor and showed my new medical test to him and fortunately my doctor told me that it is not necessary to continue the treatment and your sickness is improved. He believed that when I was sick I was using from senjed's powder, then, I had a good sensation. Now when you showed me this senjed, I remembered the senjed's powder where I had preserved it in my refrigerator and did not use it. When I purchased one new refrigerator then I found the lost senjed's powder in a corner of old refrigerator.

The root of bitter senjed's tree

Root of bitter senjed's tree is harmful for viscera and abdomen members so from this point of view it must be eaten along with

honey. If the diarrhea be more than moderation rate by sitting in the cold water it can eliminate the diarrhea. For extracting the juice of its root, after getting and cleaning of it, with the help of pressure, root has to be filtered through the fabric. Attention to be taken because of having Alkaloid, caution must be taken while taking of its root extraction. So that consumption must be under the supervision of a doctor with prescription and from determined amount, it should not be exceeds of one gram and it must be taken along with water and honey.

Perfume of Senjed make happiness.

Perfume made up of senjed in modern trade is one of most expensive perfumery in the world. Grate providers of this perfume are from Arabic country and then other countries of world. Arabs remember this perfume as Alnabagh. Prophet Mohammed (AS) was one of enthusiasts of this perfume. One type of hormone which has been secreted from pituitary Gland, brings great miracle smell of senjed's perfume to one part of brain. This perfume increases the sexual appetite of male and female and also increases sexual glands. This perfume also was reductive of mental stress and with perfumery of it creates to feel happiness, joy, and mental relaxation to anybody.

Impact of hormonal smell of senjed's perfume on immune system can be effective for making hormonal process, personal trend, body temperature, insulin production in body, metabolism, stress hormone level, sexual hormones, regulates body's defenses, thoughts and conscious reaction. Senjed's perfume with brain excitation in

secreting the nerve's transfers causes special psychotic episodes. This miracle perfume since very long times in ancient Greece and Egypt was used for sexual reinforcement and rich people's self therapy. Senjed's magical flower was the first plant in which has been discovered containing charming gene. In international level in France country produces this perfume artificially. Artificial perfumes have components which sometimes causes many problems to human being.

Junk food of my childhood period

Senjed was junk food of my childhood period when I was going to school. I remember my childhood time whenever I hear the name of senjed. Perhaps many of elderly people similar to me feels the same mood, I don't know! Only I remember that when I was requesting from my father and mother for pocket money when I was going to school, they were telling me, you have eaten the breakfast, we have poured to your pocket, raisins, almond, walnut, so money for what you want? I was telling them by begging, nearby the door of school some retailer sells cardamom and rosewater and I want to buy them. Although my father did not give money easily, and when I was insisted him more, he was paying me only 10 shahi (50 Dinar) so that one was only for buying cardamom and rosewater! At present time unfortunately some of fathers and mothers for the reason of having little opportunity, more works and getting hurry, they do not eat breakfast or take one piece of bread or biscuit or some cake in the way to work place at their car and far a way of their children when

hurried up to the work place! Fathers and mothers ever don't have time to take breakfast along with children and convoy them in going to school! At this situation parent normally pay them some countless pocket money and responding them and the sounds of the children who have not taken their breakfast and make themselves to be in convenient! At this period children know the snacks and chips so that they are stranger with healthy junk foods like peanut, raisin, senjed and walnut and some parent think that snacks and chips are cheaper than healthy foods, but so that, if you calculate carefully in addition to this case, it is more costly and is harmful, let also to know that, the container which always I have with me, putting some senjeds in it and compliment the senjed to others. At time of compliment I say this sentence: This is my junk food in childhood period, please take it. Some people laughing and have it then thanks me, some people when having it say: it was junk food of mine also. And few group of people also looking squint then going away, where I feel that, have I done bad thing?!

Aspect of countless pocket money

Aspect of countless pocket money is resulted so that, the amount of income which fathers and mothers achieved with much struggle spends, for example tasty and useless foods and while their dear children becomes weak and sick day by day. At that time they will understand. Why this case has been happened today in which perhaps is too late? Therefore let us change own, our family, specially children palate and make them to be familiar with healthy

mid meals like peanut, raisins, and senjed in which these dry foods insure our children's health.

Health of Gums and Teeth with senjed

In ancient days there was no facilities for dental care vice versa of today, and all people were not much familiar with toothbrush and toothpaste. From other side if they were knowing about use of toothbrush, because of having less family income and more number of children and so that father could not provide toothbrush and toothpaste for all of family member therefore not only father and nor children did not use the toothbrush but instead of it, parent were recommending that children have to finish their food by salt, so children dislike the taste of salt and they were not using it and for this reason decay of tooth was very common at that time. Unfortunately on the base of our dental specialist notification at this period with consideration of many facilities in this case, in very rich families children of under 4 years old for the reason of taking more chocolates as mid meal the rate of tooth decay is much common in children and the children of less income families are meet with more number of tooth decay or tooth pain. In other side the most of foods that children are taken is soft eatable in which there is no necessary for chewing and so that it causes tooth decay more. Therefore we can have healthy teeth by eating of suitable foods and good chewing of small pieces and also we can teach to our children this way of eating. Now I want to recommend to adults and younger instead of taking of today's mid meals like potato chips, chocolate, puff, biscuit to

consume from healthy mid meals like senjed which possess seventeen types of amino acids and many kinds of vitamin like vitamin K,E.C and useful salts and calcium so that those are very useful for preventing and treatment of gum and tooth diseases and also is preventive for teeth bleeding. Taking of some senjeds during the daytime which is slightly stiff and needs to be chewing prevents from body infection and causes strength of teeth more and boons. In other side it can guarantees the leg's strength. The food amount of senjed for children is 20-50 pieces per day and adults must be careful if they keep the core of senjed for half an hour under the tongue it causes to be secreted more saliva which cleans the teeth and finally the core of senjed becomes soft and by chewing of it becomes eatable.

Senjed and Hiccough

Had you suffered of hiccough before yet? If the reply is positive you know that how much it is annoying. In case of any body's hiccough is not been cut off easily and instantly it can be saved from this problem by eating of about 50 pieces of senjed along with one cup of milk.

Senjed and headache

Sometime human suffers due to headache in which there has no exact sign of it. In this case we can use from senjed, because senjed is fun and exhilarating.

Senjed and catching a cold

Senjed's oil and its fruit is unique confection and it is known for effective in catching a cold treatment and decreases the bronchitis signs.

Not a long before I had taken part in Holiness-Imam cultural center conference which was held with attendance of cultural medicine there, I came to know that thirty kind of new diseases has been created by multinational companies in which flu outbreak was one of them. After a noisy advertising by company's agent for vaccinating as preventing factor was recommended. In other side we should know that each Iranian in average consume acetaminophen four times more than world' average usage. When sometimes I compliment senjed to some people they tell me: I have a cold and refuse to take senjed from my small container. And while I explain them about senjed so that it is good for catching a cold they wonder a lot. These number of people for viral cold which if they have medicine, it takes seven days to be improved and if they do not have medicine also will take one week and easily they use medicine but in consumption of senjed which is nutritious for body have reluctance.

Senjed and its leaf

Senjed is full of vitamin A and is very effective in growing of hair and is recommended for treatment of skin itching. Senjed with red skin possess more antioxidant. In case the leaves of senjed tree has been boiled in olive oil till it becomes soft and crushed well, it can be

used in massaging of head. This action causes reinforcement of hairs and increases growth of hair stand.

Senjed and reinforcement of heart function

Whatever I achieved in long-term study and reviewed regarding senjed through out different sources which was various articles, I was surprised so that when I came to know that senjed causes improvement and reinforcement of heart function also consumption of senjed causes mucus balance in body.

Senjed inhibit the growth of cancer cells

Senjed due to possessing of vitamin A, C, D, E and seventeen types of Amino acids and protein and seven types of saturated fat and non saturated fat is very effective in cancer treatment and it prevents from growth of cancer cells.

Third season

Senjed and to quit smoking

What drugs do with our body in long term?

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Take breakfast yourself, take lunch with your friends and give dinner

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Senjed and to quit smoking

Smokers who really want to quite the smoking, pay attention well, if you want to get released from this scenic and immoral thing and to have figure out a healthy future, Try to provide some senjed and keep them in a hygienically way in own bag or pocket and when you feel that you must to smoke, eat one piece of senjed (off course I don't say that do not have your cigarette along with yourself) because I have in mind that you derive a benefit from will power of wisdom motor engine, that means with availability of cigarette along yourself, you will find this will power that you will not feel to smoke. Therefore in the first stage of feeling to smoke after making a serious decision the next step or next practical action is means not to smoke. Of course it is slightly hard but there is possibility. Because today's enthusiasm causes tomorrow's victory. Only remember that you have decided to stop the smoking gradually. Now in the bases of daily habit when you feel that you must to smoke, with saying this prayer's word < I seek refuge in Allah from the cursed Satan > and in the name of God one senjed put in your mouth, eat the skin and meat of senjed and then keep its core in the mouth, Then after chewing the core your mouth will become little bit acrid mode, which you may be don't like the acrid taste but please resist for it. Because you are doing a Great feat, then after eliminating of acrid taste and core of senjed is separated and cleaned from its meat, and when a little saliva in the mouth is splashed out, keep it under the tongue. And occasionally replace the core in the mouth until it

becomes soft. Of course this time depends on the rate of secretion of saliva and diameter of core of senjed. When the core completely gets soft, once at a minutes press on the core with your teeth so as to know its softness. When you crushed the core and chewed it again, the senjed core will be like thread and chew it like Adams. When you tired of chewing swallow it because crushed remaining of senjed is useful for stomach and intestine. At the end yourself will judge that what a feeling you get from this action? At least repeat this action five days and note your feelings, according to my experience good feeling is more than bad feeling. On the other side, You should know that, you are doing a hard work and be serious in own decision, please know this matter also that smoking of the cigarette and hookah which causes ten types of cancer and other diseases threat your health, at this time which you are getting released from cigarette smoke don't pay attention to telling of others and justifications which says us: my uncle or friend was smoking fifty years and he was very good and healthy. now if you want to know that how much cigarette is dangerous, please go to the hospitals in which have Lung department and the chronic patients who were smokers hasbeen admitted, and you can go to hospital named as Masih Daneshvary which is situated in north of Tehran and visit this type of smoker patients and talk to them closely regarding their disease so that you can believe me. But in case you have trusted my favor with the name of merciful God start this work with the help of God willing you will be succeed to stop the smoking. Be serious and determined in own

work and also trust in God. The first people who will admire you will be your father and mother and children and your other family members. To see their smile, it has this value that instead of crying of them for your sickness or cancer death due to smoking.

What drugs do with our body in long term?

On the basis of physician recommendation, consumption of drugs more than enough and too extreme and also pre-self curing are very dangerous, unless while there is no necessity of it except that way. because with increase in consumption of drugs the different diseases specially osteoporosis in which in terms of death rate make equality to heart attack and brain stroke. Because the person after disability operation and foot joints replacement and decrease of own life quality and also severe dependent of patient which needs the help of others where it may be caused by broken of boon and due to embolic disease the person dies.(embolic is the disease which at the time of boon breaking, due to osteoporosis the fats enter to the blood and blocks the arteries). In other hand, people due to lack of early prevention, may catch the different diseases and they will forced to consume drugs for a long period or up to the end of their life. Our body till the age of thirty five years old for the reason of well eating and body activity can reserve the calcium in boons in which causes the density of it but after thirty five years old it is beginning of deficiency in boon's calcium. it is worthy to known, that children, younger, gents and ladies up to thirty five years old and eating of dairy, healthy feeding, solar exposure and sport exercising can help

to increase the density of boons. (with the help of sports which causes the body weight bearing like walking, riding bike, etc, swimming is also useful but one gets in state of weightlessness). Otherwise and to continue or if they face with sickness and with consumption of drugs for digestive disease, like stomach discomfort, kidney disease, neurological disease, or using of corticosteroid drugs, causes osteoporosis in body so that in sixty years old, one reaches to menopause and decrease of progesterone hormone in females and decrease of testosterone hormone in males which increases the quickness and intensity of osteoporosis. In following, you will read the articles which that can be restricted by using of healthy food specially eating of senjed's fruit which was oppressed as preventive, at least from a disease like digestive diseases in which many of society's people are involved with it and number of them has been increased in the holy month of Ramadan. Therefore people can use the senjed as mid meal food where in addition to prevention of digestive disease specially stomach discomfort helps the own boon density and also benefits from other senjed's advantages.

West and destruction of people's food culture

In one-day bioterrorism conference and necessity of Islamic medicine which I had pointed out in previous season, in that conference with submission of documentation which was announced there, the thirty types of new disease are created by multinational company so after that, they could sell their drugs with exorbitant price to nations of the world. According to statistical facts from each

four Iranian person one consume drug. This problem is also created in other countries too, like us, if this number is not more, but it is not also less! The cost control system which is spends a lot for drug advertisement is more than for the cost which is used for drug research. It is not bad to know that after in the second world war, Zionist leaders decided to achieve their aims by destruction of people's food material all the world's nations, so in order to decrease their life time, because colonizers by spreading own culture, want to capture the human within.

Take breakfast yourself, and take lunch with your friends.

Take breakfast yourself, and have lunch with your friends and give the dinner to your enemy! With reading of this slogan or hearing of it perhaps we can find a well sense. Because first and second sentence orders you to eat and generally one of humans joy and pleasure in life is eating and that is the time when we see and hear this article with attractive methods and by the influential people and with attractive advertisement and with pleasant voice and nice pictures. Of course we may take step in this case and background in order to execution of it without delay and without thinking and when our decision gets intensity which also others repeat this sentence in our ears. Now if these people be our father and mother specially mother then there will not remain any doubts. Am I not saying is correct? Myself many years ago was deceived due to this welcome show case and was far away from health and I increased also my weight.

Breakfast and dinner in holy book and sayings

We should make own decision that how to live, our glance, our thinking, our way, our walking, our work, our study, and in one sentence it is worthy our life to be thoughtfully. Because, God gave only to human wisdom and considered him as top of creature then gave him holy book. And gave him prophet and other things. In these three things, means God, prophet and holy book all of holy religions are common. But we Muslims have imam (leader) also all of these are the sign of that we have not lost our ways. therefore we should not use it whatever we hear or see or say about a thing. At first we must compare it with our religion and take to understand that what has been remembered in our holy book or holy sayings? Then in order to execute and continuing it. In addition we must have learned the generals and some details before. Therefore for we Muslims the only way out or salvation is conformance from our holy book, our prophet speech (God bless him and grant him salvation and his honor dear inmate). God says in the book of creation and verse of number 62 sentence of holy Merry: Elysian and heaven inhabitant in immortal place eat in two servings and that two servings are at the morning and evening. And from other side God says and ordered that from 12 months of year one month is special that is the month of Ramadan, and ordered that in the month of Ramadan to take Fast and in one day and night at the morning and evening eat only two servings, these two articles are clear and bright signs of precise order of Merciful God in way of protection of servants health. But we have a

saying which dear Islamic prophet says: I am worried of my Muslim nation that if they do not eat diner they will take premature aging and from Imam Sadegh and Imam Resa there is narration, saying that if people do not eat diner becomes sick. Now you compare it which one is correct? Myself which is investigating about ten years regarding food servings for this following sentence that says: < eat breakfast yourself and take the Lunch along your friend and give the diner to your enemy > have not found any document.

Good choice and bad choice

Please read this sentences: we Iranians and Muslims are family loving people and since primitive days we take the breakfast along with family on the same table, this colonial slogan with special elegance has been influenced in many Iranians thoughts in which in apparently one part of slogan is correct and another part is wrong. But when we think about it deeply we understand that the slogan is totally wrong. Therefore we reach to this conclusion that, the dominance system with what delicacy and skill has appointed this slogan in Iranian social system, so as when we say breakfast and Dinner are our main food, some people protest of it and say No. Then what happens to this slogan that says as < eat breakfast yourself and take the lunch along your friend and give the dinner to your enemy >? yes dominance system says: eat the breakfast yourself means that take only breakfast this is good but in case of lunch says as take it with your friend, perhaps the intended purpose is that less lunch to be eaten but there is no precision. Now the aspect of it is this case which

after many years, the main servings of many Iranian is lunch. Even in annual seminars the country's nutrition representatives in which I had also glory of being attendee, and was invited in which the colleagues and friends with behavior language had been entertained with massive lunch, nobody protested it? In event that according to Quran's signs and sayings, in which frankly is known that lunch is included in subsidiary meals. In this affirmative colonial slogan that < Give the dinner to your enemy >. In this case also if you think about well, we Iranians do not like to eat our food without our family. Think that now it is the night time and all of family member were gathering together in which if they want to stop the eating of the dinner as the reason of eating of massive lunch, see that what happens? If father or mother has eaten a massive lunch, one member of family in meal table is absent and this is in case of that, if mother which has been prepared the food for all of family member? Otherwise in addition to missing of emotional relation it may be caused the conflict in family member. Experience has shown us that ladies for the reason of paying more attention to beauty and health generally and on the base of that wrong speech as eat a massive lunch and with this imagination so her husband or other family members has taken a massive food in their work place or any other place! but the fact is other than this imagination so that for any reason they like to have the main meal with their family member. In general case between them may occur only an offense. But in case of

continuation of this method sometimes between wife and husband it creates a family conflict.

While breakfast and dinner becomes important

Now you think about, if among the most of family members or the persons which have got information regarding breakfast and dinner to be counted as main meal and important. What happens? In which the something as it was important in old period. Grand fathers and Grand mothers knew that if they do not eat their breakfast very early in the morning and go out of home they would become weak and they would not have a necessary performance and they would compelled to return early to home or if they were in the city would ate their food in the market place in which it would not be accordance with their budgets. On the other side they had learned in religious educations that Imam Sadegh (AS) has said: when you prayed in the morning, eat some bread so with that bread make your mouth rosy, soften your heat, establish own teeth. In other place same dear Imam has ordered that Religious believers should not go out until to eat food. Because it gives them more stability and fasting assignment is the source of sickness. See that here, there is the strong argument and logic. You have heard this phrase many times (God help the congregation) it means that God's hand is on the crowd. On other side we have a narration that < don't eat food lonely and don't sleep at home lonely>. These all phrases have philosophy and saying! Some people don't know the aspect of it but our enemy knows the aspect of them better than us. So as with one sentence and

wrong address will change our life rout. In old days Doctor and physician also called as medicine man because the articles which was said was wise. You have experienced its sample on Fridays in which all family members gather together or in parties and in travels that all family members are nearby together and then have experienced the its joy to be repeated in the next day many times. Is it not so?

Help yourself a meal of breakfast with senjed

While you have decided to make the breakfast as your main meal, it is not necessary to blaze it at home or other place (of course in the favor of training it is good thing but behavior language is effective), try one day morning, take a breakfast of senjed, How, I tell you. Please prepare some powder of fresh senjed before and put it on the cool place and at the time of taking the breakfast pour one spoon from that powder in a small bowl and mix it with grape extraction or palm date or honey or syrup of sesame, in so that it becomes like cream, in order to decrease the sweet material specially for diabetic patients you can prepare this confectionary with the help of two spoons of milk and rub it like cheese, halva and cream over the Sangak bread with sesame seeds and other bread that you like. And take it with one glass of milk in which have prepared for yourself and for other family member, and with the name of kind God put it in your mouth and chew it well and then drink a slip of milk. By the way until you have not enough full don't stop the eating of breakfast. Then get up and wash your mouth with clean water and use dental

floss for between teeth carefully. And Thank to kind God. This is a qualitative and quantitative breakfast for persons who has balanced thought and body activity. It seems that until noon except for drinking of liquids at least for a fruit or some other eatables will not be needed. I have achieved this experience before and in many days also repeated and riding bike at least three to five kilometer and I did not feel hunger.

Lunch at noon is a subsidiary meal

We are submitting you a practical template and are appeal you to execute it when you are in good mood and have a happy day and to increase your experience and if it was not pleasure for you, don't perform it. This suggested word and sentences are not inspiration but depends on your will. Now when you reach to lunch time in which the best lunch time is after the call to pray time and midday pray time. try your food not to be in pot or culinary. Preparation of a simple food and accessible, in case of our thought and point of view be correct which can be possible at any places, helps you to be a good human. I was very fat person and while my weight was more than 100 kilogram for the reason of fearless eating and I loved to reach to a moderate weight and then my body's fat mountain to get melted down. Therefore after many test and error I decided to take more plentifully breakfast like Adasi, Beans, Halim and Nimru with bread (name of Iranian simple foods) and for the lunch I had non-baked food program. So that when I was an employee was taking from home a piece of bread and cheese, vegetable and walnut or

instead of walnut I was putting some palm date in suitable container for myself.let I say that at that time in our office food was free and I was the director of an office. Gradually after some period with taking of simple lunch I was feeling much better than before and this method of having lunch caused that other employee also was considered this method. At that time, one of high-ranking officials came to my room when he glanced to my lunch table, told me bravo and I answered him come on (complimented) then after greeting we had the same lunch together. Of course always the amount of food I was bringing for my lunch was, some more so that in such cases I could share others for eating. This type of simple and qualitative and cheap lunch had been effected in thought and mind of many people specially that person so that whenever he was meeting me was telling me that Mr. Mirza aghaei, I never forget the lunch of bread and cheese and vegetable in which we ate in your office. This method is good when you have a fixed place. Although some people creates taboo and holiness for self that they think eating of simple food causes drop of character or is the signs of poverty, which in thought of wise man is mark of tact. In other cases like whatever now I faced and I am traveling by riding bike in different routes, in my pack sack or holding bag or in bicycle basket I put some eatables like palm date,raisins, senjed, apple and sometimes bread so that while hunger time to eat. While I am in the office I take bread, cheese, vegetable and palm date or instead of cheese I benefited from curd and on the other day from bread, cheese,grape or watermelon or cantaloupe.

Sometimes I may be the guest of some one, but in most of days of week I try to eat a simple food for the lunch and sometimes it happened that I ate bread and egg for the lunch. This method of serving is executed all the year's season. And in this sense I was feeling much better, although at first when I was passing nearby eating houses, sandwich sellers or barbecues it was hard for me but I got succeed with the help of own will power and now after about ten years of exercising it I could decrease my weight in which it was more than one hundred kilogram before and retained my healthy weight about between 81 to 83 kilograms and feel over whelming enjoy of myself in each of my body's cells and neurons. of course while being the guest of somebody at the lunch time at noon I don't say I have a special lunch, therefore I company him or them and enjoy the eating with others which I love them and do not deprive myself but at night I try to eat a simple food. Let you also at the beginning create this healthy wave in your family and friends with the help of thought and changing of healthy eating behavior. Like that honorable woman who was housewife and holing MS, which at the fifth lecture of training for healthy eating behavior in Tehran media cultural house told me: professor! I am feeling ideal after taking of breakfast, because I am not thinking for preparation of cooked food in which, I was thinking of providing lunch material before but my breakfast had not been finished yet. But now after some weeks that I have mentioned the lunch as subsidiary food, I am workless although I have very good feeling, I answered her that, for

this extra time you can assign it for studying and training of your child and preparing a good and qualitative dinner in which all of family member are together.

Should we do not eat dinner?

That colonial thought which says that: give the dinner to your enemy, in which at night time most of family members are together and they like to have their dinner nearby together. On the other side eating of dinner according to Islamic and Iranian culture has history of more than thousands of years specially in Iran. You observe that in industrial and metropolitan cities there are how many different colorful food retailers like mushroom with magical decors which draw people's attention, if they do not have hunger will desires to eat the food in those places. An old proverb that I doubt on it says: <at the time of satiety there is also forty morsel > therefore some people with this reason one extra meal also eat with all sort of eventful soft drink, although at first it is enjoyable but after some hours they have problems and plight. That western saying has conflict with prevalence of fast food retailers. On the other side most of fatal fast food retailer or other kind of food retailers at beginning of night time are active, so that with costly prices entertain the unaware customers with bad quality foods with own pathogenic which have plenty of salt and sauce and more oily fried in appearance and inside has toxic food materials. The method for establishing of food retailers in which every day with western names, one after one and without quality supervision and with colorful lights and along with hot and

magical colors and along toiletry dealers in the best areas of cities has been originated from western method of food dealers are contain less useful food materials and are only for filling of stomach and fleeting pleasures. It is so that other generating business man like producer of metal cutter who I know him well, decides to change his work shop to a food retailer due to lack of supporter from technical works (that skilled man showed me delicate template in which with the help of simple devices was made for pharmaceutical companies). At the beginning I did not believed it but when I saw that delicate and sensitive instrument which has been produced in that workshop and its wire is connected to the device and continue its function I reached to certainty. He told me that it is about many Month ago I have produced the templates but client is not coming to take delivery. In the event that before that these templates were imported from abroad with expensive prices. Now also clients like to purchase these templates from abroad, because they buy it with dollar currency so that the suppliers also get more profit? This is the fate of some shopkeepers of our city and the method of food dealers also are other part of western life style in which has taken our kitchens to the margin and only in some old allays and apartments life Oder from kitchens is smelling!

What our Dear Prophet(S) and Imams (AS) say regarding Dinner.

our dear prophet (God bless him and grant him salvation) said that don't leave the dinner whatever it includes only one handful of palm

date because leaving of dinner make human old. I am afraid of people that by leaving of dinner, because senility will come to them early therefore dinner is cause of strength for old and young people. There is a paraphrase from Imam sadegh (AS): do not leave the dinner although it include of three bits of bread and salt. Also there is a paraphrase from Imam Reza (AS) that: lest anybody of you leaves the dinner whatever it be one piece of bread or one portion of water.

Enemy of human and religious orders

For those people who are reading this book there is no time for test and error and they have devoted their health for the service given to fellow peoples in throughout the world (earth) and so do not know time and place for paying frankly and romantic services in the way of kind, generous and thrust worthy and that sole being friend. They have fixed in priority the lack of sleep, reticence, anorexia and low drinking so that if accuracy and repetition along love and affection and discipline be in the works then the health is preserved and even restoration is promoted. Because when I was reading the memories of Mr. Hemferthe British spy in Islamic countries. He after mentioning of Islamic strength cases pays attention to the theoretical ways of extension for weakness point and destruction of strong feature and intension of this important and strong argument religion of dear Islam and considers necessity of the proceedings for extension of weak points of it. He insist the listed items that British colonial spies in Islamic countries to prevent them so that here we are submitting some part of it to dear readers of this book. Of course

its detail explanation can be studied in book of Mr. Hemfer named as British spy in Islamic country where it is from book series of Amirkabir publisher:

1- To provoke the religious differences 2- To keep in ignorance and unawareness. 3- To prevent from establishment of any kind of educational and training center. 4- Creation of obstacles for printing and publishing and if necessary to fire the public libraries and premonition of people from sending of their children to go to religious school with the help of entering the charges against the referenced great religious scholars. 5- promotion of inaction and preventing the people from life attempts and activity with the help of description of world after the death and imagination of sights and colorful paradise for peoples view and in conclusion to discouragement and unwillingness of them for economic affairs and sitting to wait for the angel of death and traveling to said paradise. 6- preventing from extension of hygienic and promotion of compulsive thoughts based on that everything are from God side and there is no use of treatment of sickness, and for that, must be cited to the kuranic verse (God is providing food for me and irrigated me and when I get sick gives me healing) it is the God's will that I die and get life again. Healing is on the hand of God, life and death is on the hand of God, without providence and his will, healing from sickness and getting free from death is not possible and all of these events is judicial divine. (and by this way ignores the human will and stripping

his will so that any time colonizers to decide for him,that what to do).

7- To keep the Islamic cities in poverty and starvation, destruction and prevention from any modification and transformation.

8- Result of his proceedings is economical lagging behind and expansion of public unemployment and poverty. However for realization of the more of this mustiness it is necessary to fire the agricultural harvests, drowning of commercial ships, large firing in commercial and industrial center, breaking of dams, desolate of townships, poisoning of people's drinking water, so that we should pay attention and effort to provide the complete causes of the mustiness and poverty of people in every respect. 9- to corrupt the governors ,commanders of Islamic cities with the help of prevalence of binge, gambling and other corruptions in bars,waste and peculation of public property, in such amount that no money remains for any defensive spending and prosperity and economical extension.10- prevalence of binge and wine, gamble and corruptions, lechery, promotion to consume pork meat, in such activities they request from Jewish, Christians, Zoroastrian and Saebean minorities to cooperate together and have assistance and try to expansion of corruptions. And in vis-à-vis the British ministry of colonies will determine to them bonuses and pension, even awards. And for British agents in Islamic countries is necessary whatever to recognize appropriate to support them by means of grant awards.paying money, and other things, hidden and signally expansion of this corruption

and don't let those involved in prevalence of it to get harm. 11- On the other side we must to encourage the Muslims to violet from Islamic orders and disobedience of commandments and prohibition. Because in attention to religious orders will cause the development of irregularity and chaos in the society. For example in Quran usurious is sentenced strongly. So that must try to corrupt in prevalence of usurious and prohibited business and destroyed economic. In case of usurious, must pay attention to incorrect interpretation of prayer's verse for usurious boycott. And also take in to consideration of this principle that disobedience from Quran orders provides the background for more cheekiness of all Islamic orders. Therefore with consideration of past articles responsibility of each Iranian person specially leaders and key officials in all areas is very important and heavy and landmark.

Senjed and its wonderful properties

Senjed for the reason of possessing of more than seventeen amino acids is effective for ulcers and also due to having vitamins C and k can be caused in prevention of bleeding.

Example No. one of witness

I am Sara Kolahi, chemistry expert and thirty years old. Approximately since the day I have known myself I was suffering of excess secretion of stomach acid after eating of everything and the only solution of its treatment was consumption of Ranitidine tablet. Eventually with some research of it, understood that this paining is

for the reason of having O blood type and that pain will remain with me up to the end of my life. For this reason I was feeling very sorrow. Because of more consumption of Ranitidine tablet with chemical component I was tormented, till the day I took part in media cultural center and at traditional medicine classes with the help of generous God will, lectured by Mirza Aghaei khansary. At the same first session where he entertained us with oppressed fruit named as senjed after the name of kind God. till that day I was seeing the senjed once a year and only at the haft sin table and I was passing apathetic from it but after knowing of senjed by getting trained understood that the generous God what blessing fruit have created and I am with upto this age and sickness was unaware of it. With recommendation of lecturer I ate 5 to 7 senjed so that after about one week I forgot the Ranitidine tablet. After following it, I got certain that senjed and its core has regulated my stomach acid secretion. Thus it comforted my thought and made healthy my body. I am thankful of kind God so that I achieved success to take part in training classes of Mirza Aghaei and with using of senjed after suffering of many years was saved from pain and torment and released from consumption of Ranitidine tablet. Be healthy.

(Sara Kolahi Fall 1393)

Second example of witness

I took part in Tehran media cultural center which Mr. Mirza aghaei khansary was the lecturer, in winter year 1393.while I came to know about senjed's properties. I sent some senjed as souvenirs to my

grandmother who had stomach discomfort and live in township. She ate every day 3 to 4 senjed and her stomach discomfort which was troubled her many years improved. His grandmother says: I always pray for Mr. Mirza aghaei khansary. I always try to transfer the hints and notes of Mirza aghaei to my grandmother by telephone.

Opening of health gate by senjed

Osteoporosis or silent diseases, is known as fourth factor of death in the world in which from each 4 person of above 25 years old one person is suffering of it. But recently simple, excellent and harmless treatment has been found for it. This solution is the result of research of traditional medicine researchers and is narrated by Abuali Sina. If flour and core of senjed's fruit is grinded together and to be consumed Arthritis, Rheumatism and Osteoporosis diseases will be dramatically healed and is effective treatment. How to prepare it: some senjed with its skin, meat and core is to be powder type by electrical grinder. Then pour one spoon of this powder into one glass of fresh low-fat milk and sweeten it with one spoon of honey, and help yourself as a meal or mid meal. This component makes miracle in treatment of Osteoporosis and joint pain and knee pain. For quick treatment, help yourself every day morning half an hour before breakfast and just be in fasting mood for 15 day, so that will see its miracle. Thus I hope that to open the health gate to yourself till that diseases gate to be closed for you. God will.

Senjed's powder and its leaf and silent disease

Some people only use from their wealth and they don't think of lest day in future. And get shocked putting finger in to their mouth and go to deep thought. Other group in addition to that matter damage their wealth also! As you know that structure of body need urgent to dairy so that to perform its mission well. Unfortunately the first group prevent the consumption of dairy and other necessary food materials. And second group instead of taking the dairy, they consume harmful carbonated and soft drink and causes intensive damage to the body. Senjed is a rich source of calcium and according to traditional medical therapists complex of senjed power with one glass of milk is the best medicine for prevention of rickets and osteoporosis. Boiling of senjed's tree leaf with olive oil and to massage it on the bones and joints causes decrease of pain caused by swelling and inflammation of joints.

One personal experience

I am a 45 years old woman where four years ago I had knee pain. My knee pain did not improved by normal treatment not at all, until my uncle recommended me to use from senjed's powder and he prepared and brought it for me and after 3 to 4 days of consuming it, my knee pain finished.

(share ziba district house Aban 1393).

Another witness

I have a mother of 56 years old who had suffered of vertebra fracture of back which was caused due to fall from height. And doctors suggested her surgery. But my mother was afraid of surgery, so by using traditional medicine and consumption of senjed with milk and honey and as well as using from chicken pie and eating of pineapple and sidelong treatment and external using of animal oils and also olive oil for massaging on the vertebra, she got improved (thanks god) and also at the same mood she has been recommended to work less.

What does Nano-capsules of senjed's plant

One of members from young researcher club and medicine science scholar was successful in registering of the patent of Nano capsule synthesis of senjed by the use of emulsion release process. Mrs. Sedigeh Niknam student of M.S in applied chemistry of pharmaceutical science unit, who is also called as team mates of food and drug in Nano-makers technology committee, could register own patent as <Nano capsule synthesis of senjed plant by the use of emulsion release process> this young inventor said that: Nano capsules of senjed extraction made from particles size of under 100 nanometer for the reason of being particles have permeability into hardest body tissue. She affirmed that: there is possibility of enrichment of senjed extraction with the formation of nano-capsule from the same extraction in such a way that the calcium amount in nano- capsule extraction be five times more than calcium in primary

extraction. In addition to this reason existence of polymeric layer is protected from environmental destruction.

Third witness

An Individual was narrated me that: for the reason of bone pain and arthritis which I had a trip to Germany I visited a specialist for this case. He gave me some capsule for this treatment in which after few times, I understood that the components of that capsule was made up of senjed's powder?

Fourth witness

According to lecturer's recommendation, Mirza aghaei khansary I had put some senjed in small container for my spouse so that to use it in the office and also according to saying of Imam Sadegh(AS) that he says: <senjed's skin for skin and its meat for human meat and senjed's core for boon is useful> I explained the same saying for him. My husband also in his office by quoting of the same hadith (saying) compliments the senjed to his co-workers. One of his co-workers of my spouse who was working in abroad had told him, that in German country medical specialist prescribe some tablets for Arthritis and osteoporosis for old people in which from analysis of it, has been known that there is senjed powder into the same capsule.

Victory of senjed's extraction to acetaminophen in Arthritis

A group of researchers from medical science university of Baghyattollah, and Beheshty and Tehran universities were reviewed

the effect of senjed extraction tablet and acetaminophen tablet in decrease of pain for 120 patients who were suffering of Arthritis and knee pain with pain intensity of medium to high. Patients were under the treatment for 7 weeks with senjed extraction tablet and acetaminophen tablet. In the basis of this study and review which its report and detailed explanation was published in kosar medical magazine, for the decrease of pain due to Arthritis and usage of senjed extraction was more effective than using of acetaminophen tablet. You can also help yourself with senjed's powder and milk mixture every day half an hour before taking of breakfast and you will see its miracle result in short period.

Forth season

Senjed eliminates the hunger

Senjed is a medicine for the control of anger

Senjed and slogan of divide the people and rule them

A suggestion to all of people

The weakest memory and smallest kindness

Thirsty management with senjed

Staff and family peace with senjed

Let us to rescue the health

Senjed eliminate the hunger

Senjed is over filled of fiber where decreases the hunger and it has property for high fullness. On the other side senjed is anti-swallow, enlivening, tonic and it is useful for preventing in drops of urine. It should be mentioned that more consumption of senjed produces constipation. So it is better to keep the senjed's core a period like chewing gum into mouth under the tongue till it becomes soft, then to be chewed and eaten so constipation to be decreased. I have experienced this many times when I was feeling hunger and have seen its effect well, for example one day at noon and when I was feeling hunger I ate some about 10 to 14 senjeds and kept the cores of senjeds respectively some period into the mouth till to be soften and I chewed them and consumed, then after few minutes I had no feeling of hunger. And my mouth and teeth also was cleaned by more secretion of saliva.

Senjed is a medicine for the control of anger

I am a lady of 43 years old and holding of B.S in psychology when I took part in Miza agaei's traditional medicine class in local house situated in Azemaysh town in Tehran and got familiar with senjed and its properties and came to know that how to use all the eatable parts of its fruit. It has been tolled in the lecture that do not put out the senjed's core immediately from the mouth and to keep it into mouth some period like chewing gum until the core to get opened, I did this action exactly and achieved a good experience in driving. So

that if you have one senjed into the mouth till the end keep it, the core of senjed will control your anger, or in other phrase you will control your anger for the reason of available problems in streets like carelessness of other drivers. Also have good effect on the stomach reflux and return of acid from stomach into the throat. I am not using of chewing gum which has many harms, because senjed with all of its benefits has been replaced by harmful chewing gum. I thanks a lot of dear lecturer. Let to know this matter that in bioterrorism meeting it was declared that people purchase chewing gum annually and spend milliards of money in which most of them are imported from abroad and 98 percent of chewing gums possess alcohol where as we can use some fruit cores by putting them into our mouth like palm date, olive, cherry, and better of them senjed which can be soften gradually and are also chewable after eating of food so that it helps to digestion of food. Thus in this way in addition of economical saving, its method of chewing is closer to human tradition.

Senjed and slogan of divide the people and rule them

I narrate a real story which was used for this slogan that “divide the people and rule them” so that to see this slogan till where it has been continued in a village. People of a village liked senjed and they had planted the senjed tree in all over the village and they were rewarded of its benefits. In other village people were planted radish and they were also benefited of its properties. After some period it is not specified that what hands were on the job. People of one village were mocking other village’s people, that you are senjed eater and

mutually peoples of other village were hearing that you are radish eater? Thus after passing of some period both of villagers stopped planting of senjed tree and radish plantation which seemed that if these valueless speeches continues, after some period nobody will seek the remainders of senjed tree and it will be destroyed.

A suggestion to all of people

I have a suggestion to all people, those who are interested in green space to make an effort to implant this valuable senjed tree in areas that there is background of seeding growth of senjed, taking in consideration of being simple the implantation of senjed seeding in suitable time and season which by propagating growth of branch is possible like geranium flower is possible, not to forget. One day in the fall season, when I had gone around of Amin-alsultan bazaar for the purchase of senjed, in one of wholesaler who had best and good color senjed, after we agreed of its price, I purchased some kilo of senjed. I asked the seller, these senjeds are from which area? He answered me with sweet accent “ these senjed are from Azarshahr (belong to Azerbyjan province) and he continued that when Sattar khan and Bagher khan (two historical champions) were staying in Tabriz city, they had ordered to implant the senjed trees in all areas of Azerbyjan cities specially Tabriz.” Bravo to Sattar khan and Bagher khan, it seems that one of fighter’s food in the wars were senjed!

Weakest memory and smallest kindness

In this regard people of Azerbaijan has a meaning proverb which say: < one cup of coffee has hundred years of respect > of course this proverb is worldly but there is an other worldly saying from our dear Islamic messenger which has been narrated as one of palm date seller had been willed that when he died the Islamic messenger to distribute his palm date warehouse between poor people and this matter reached to Islamic messenger, dear prophet along with own fellowships in order to execution of his will they go to his warehouse, in the way some dates were on the ground.so that prophet takes one of them from ground and says that: if the palm date seller-man would have been given the same palm date to the people by own hand its oblation was more greater than of distribution of this warehouse palm date.! now I have got this honor that at any time and different places I compliment to people some palm date,jujube and this recently senjed and explain also their properties with meek, the result was that I achieved many new friends and my old friend's loving also has became more. The latest friend was a painting artist who was painting and making calligraphy on the school's wall, at the time of nearly reopening of schools. The very beautiful picture along with nice calligraphy which its title was such as: < The child is not bearable, but the child is creatable >. Thoughtfully I went near him and meanwhile saying that "may the God give you strength' I took the small container of senjed in front of him and told him after having senjed certainly keep the core of it under your tongue. He

asked me the reason of it? I explained him about: after few days when I was passing from that rout I saw him again nearby that school so that he greeted me in a good mood and smiling and told me I executed the experience of eating the senjed and keeping of its core under the tongue and have said the matter to twenty person. Then he continued saying that, my mother is familiar with pharmaceutical plants but the properties regarding senjed you told me I did not know. I answered him that; I only narrated you orders of Imam sadegh (AS) which has been ordered that; the skin of senjed is useful for skin, its meat for human meat, and its core is for human bone is useful. He was an aware man and artist that by this way he answered to my experience, and this proverb that is < The Weakest memory never forgets the smallest kindness > here it finds its meaning. My aim in expression of this article to you good reader is that you also try to have some healthy and hygienic dry food like senjed in your hygienic small container in your bag or pocket and meanwhile eating it at suitable time, transfer and give gift this good feeling to others also and get experience in eating of it again, when I go to mosque for taken part in public Namaz (praying), sometimes try to offer the senjed to other prayers who are praying along me. Once, Imam of mosque asked me; Mr. Mirza aghaei when these senjeds will be finish? I answered him till the God exist, senjed is also exist, he thought a few minutes then answered me that “ it was a good reply”.

Thirsty management with senjed

In a training trip to gaseous area named as Asaluyeh, in second half of the year, I tried to take one kilogram of senjed along myself, so I can attempt in order to publication of consumption of this useful and effective dry food, because it was not known that I can be able to provide senjed in that area. Therefore from the time I stayed in hotel recommended to my companions that the senjed which I offer to them, after eating its skin and meat to keep its core under their tongue so that in addition to eliminate the thirsty in that area which everyone was involved with that condition to help their hunger also. In this case God has committed influence of speech of human on the others in deed to that speech by speaker. For this reason my speech was effective in more than 90 percent of cases, even unknown persons. And they were conducted according to my suggestion. After one day many of my companions including ladies and gents confirmed my theory, and it caused that other local audiences of that area specially hotel employees and gardeners where they were busy of gardening in open space, and were knowing that our group have come there for the training to that area, caught my attention to choice them as influenced persons so that after getting feedback from their opinion to extend the comments as an achievement in all parts of Islamic of Iran and other areas of world and on the other side, experience of local people and other people who had come from other parts of country for the training to Asaluyeh, could influence in thoughts of others like media and creates a positive wave, because

weakest memory will not forget smallest kindness. For this reason at the time of departure from the hotel and delivering of room key to receptionist with influenced spoken language and with offering of the senjed which was in hygienic small container and I had along myself, I was asking them to take one senjed and after eating of its skin and meat to keep its core under their tongue and be benefitted from its effects so I was explaining about for them. The result of work was successful. Because the next day while I was facing their smile which caused to offer them another senjed and they also recommended the new co-workers that were changing their shift so that they also take senjed from my small container and to keep the core of it under their tongue! This good feeling caused that at the time of going to restaurant for having breakfast or lunch, it was communicating orally with gardeners where after many times of greeting and saying may God strength you, moral contact was communicated and now it was the turn of offering of senjed and explaining of its properties specially property of being anti-thirsty of senjed's core in that hot weather to gardeners. Therefore I requested them to keep the core of senjed under their tongue at least half an hour. Fortunately these hard-working people which are generally from influenced and sincere people of society understand the taste of kindness very well. For this reason they took my recommendation serious and also executed it well. And the next day its result was that by stating that, their thirsty rate decreased in past day, and they had a good feeling. I was not feeling homesick in that strange area and at

every step that I held, was facing with familiar employee and gardeners who was greeting me there, had verbal contact. And also the senjed container which always I hold it along myself was offering to them, to sweeten their mouth with another senjed again.

Staff and family peace with senjed.

Our main activities were in kilometer 90 of Asaluyeh and Jam township which every day in the afternoon we should go there and every one according to his work has to do the necessary services like those services of municipalities duties in parks on special days, for the sake of propagation of healthy life style providing for citizenry. my duty was to train healthy food behavior in which I had to present lecture in amphitheater twice for employees and their family. In the rest of the time I was paying attention to personal consultation and in all the meetings I was entertaining of invitees with senjed which I held them along myself, in which the feedback of it was successful like entertaining of hotel employees and gardeners.

On other side most of audiences were ladies in which the influence of lecture was multiplied. Thus the labors, engineers, and their respectful families also making peace with senjed.

Let us to rescue the health

We must return to our originality, westerns deceived us, and they forced us to go away from local and traditional food habits in the name of food modernization. And the aspects of it is that all kinds of

diseases has gripped people. And for the saving of a patient, the whole property of individual and his/her family has to be spent so that patient can be only to stay alive. On other side, the shape of our kitchen is changed and now by extension of fast foods and creation of motor-bike delivery network for supplying the deadly foods up to homes trying to eliminate the open shape of kitchen and gradually the traditional kitchens has to be kept in museums. Unfortunately at present in some homes, each of family members orders food for oneself separately. And they orders readymade foods individually in which there is no need for chewing and it meets the need of food only by means of biting only and steal the hunger, while the traditional foods with the help of more chewing and secretion of enough saliva causes prevention of digestive diseases. It is recommended that grandfathers and grandmothers in each area speak more regarding Iranian traditional and local foods and if they have possibility to prepare them, cook those food, and leaving memorial old traditional food as a gift on the palate of own family or to train the daughters and daughters-in-laws so that Iranian food tables smile to you again. I request from young ladies to ask from mothers, mother- in- laws and old aunts get trained of method of preparing of old foods like saman. It may be difficult to prepare the old foods but it is better than consuming harmful drugs and sleeping on the hospital bed. Let us to know about little bit from non-alcoholic beer which creates impotence in gents and carbonated drinks which the Americans after economic boycott want to release the imports of

them free, carbonated drinks creates osteoporosis and has many other different site effect. Those drinks due to having American labels for some people is the sign of Top class. It is better to consume from traditional drinks like Quince-lemon syrup, Sekanjabin, and khakeh-shir syrup which in addition of possessing delicious taste and creation of a good feeling, eliminates the thirsty and have many properties. This work is house-wife's duty which extends the culture of healthy food in the family, so that to be witness of healthy, generator and influenced family. <God will >.let us know that ladies in old time was using for eye kohl from burnt jujube extraction for make-up in which causes increase Eyesight. Now cosmetic companies for producing of lip stick uses from beetle extraction and dead fetus which is contaminated with lead and other makeup materials. In which enters through lip and skin into body and blood and it is carcinogenic. I request from country's dear people specially ladies use more from Imams medicine books like Tebbel-Nabi (Prophet medicine) Tebbel-sadegh, Tebbel-Reza, and Iranian traditional medicine, and get blessed from simple and influenced solutions, because our food can be our drug. And our drugs along with activity and mobility and sport can be our food, The result is that it follows liveliness and joy and exhalation and so that we can rescue the health. < God will >. Then let we try to be simple-drinker, simple-wearer and hard worker.

Ali HELPS; BE HEALTY AND SPORTSMAN

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بسم الله الرحمن الرحيم

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کشف دوباره ہفت سین اولین سین سجد



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پیشگفتار

چینی‌ها و ژاپنی‌ها معتقدند که اطلاعات طبّی آنان بر پایه طب گیاهی از صدها قرن قبل وجود داشته و مدارک تاریخی موجود در دسترس آن‌ها نشان می‌دهد که از سه هزار سال قبل از میلاد مسیح باغ‌ها و مزارع بزرگی برای پرورش گیاهان طبّی در کشورها احداث می‌شده است.

طب گیاهی سپس در مناطقی از هندوستان و سایر کشورهای خاور دور و یونان و مصر و ایران و کشورهای عربی و جزیره العرب و سپس در اروپا و سایر مناطق دنیا به تدریج انتشار یافت. یونانی‌ها معتقد که طب هند قدیمی‌تر از طب یونان است و از مشخصات طب هند این است که معالجه با گیاهان را با اوراد و سحر و اذکار نیز برای مداوای بیماران به کار می‌برده‌اند. بقراط در دوران ۳۷۷-۴۶۰ قبل میلاد مسیح می‌زیسته و پدر علم طب یابۀ اصطلاح، شیخ الاطبا و مؤلف اولین کتاب مقررات و اخلاق پزشکی است. پس از بقراط، جالینوس بود که خود را در صحنه علم طب ظاهر شد و به این ترتیب دوران طب جالینوسی آغاز شد.

در ایران و در دوران هخامنشی طب گیاهی گسترش چشمگیری داشته و اضافه بر تجربیاتی که در کشور وجود داشته از دست یافته‌های یونانی‌ها نیز استفاده می‌شده

است. در دوره ساسانیان طب سنتی در ایران گسترش بیشتری یافت و در پی آن مدرسه معروف طبی جندی شاپور تأسیس شد. از اقدامات معروف آن دوران تشکیل کنگره پزشکی است و از حکمای معروفی که در آن کنگره شرکت داشتند جبرئیل طبیب معروف جندی شاپور و برزیه طبیب حکیم معروفی که کتب حکمای هندی را ترجمه کرده نام برد. از اولین پزشکان معروف ایرانی محمد زکریای رازی است که در ۹۲۵-۸۵۰ میلادی می زیسته و در فاصله ۳۲۰-۳۱۴ هجری قمری وفات یافته است. او قریب صد جلد کتاب و رساله نظیر دایره المعارف پزشکی، حاوی، منصوری، طب الملوکی و رساله آبله و سرخک و نظایر آن نوشته و در همان دوران به ریاست مرکز طبی بغداد را به عهده داشته است. مشهور است که رازی در اواخر عمر کور شد. پس از فوت رازی تا مدتی کتاب معروفی منتشر نشد تا اینکه در دوران بوعلی سینا یعنی قرن پنجم هجری قمری کتابهای متعددی به زبان عربی و فارسی نوشته شد از جمله می توان به کتابهای قانون قولنج و رساله نبض اشاره کرد رساله نبض به زبان فارسی است. در روزگاران کهن گیاهان نه تنها برای معالجه بیماریها به کار گرفته می شد بلکه عنصر اصلی تهیه مواد مختلف گیاهی برای مومیایی، حفظ اجساد و جلوگیری از فساد آنها و هم چنین ترکیباتی برای زیبایی و به اصطلاح آرایش و بزک زنان و تهیه روغن های طبی و عطرها و تریاق (تریاک به زبان یونانی) و ضد سم و نظایر آنها بوده است. تاریخ می گوید: در اوایل قرن اول پس از میلاد مسیح رومی ها از گیاهان ادویه یی فقط در آشپزخانه به عنوان گرد (پودر) ضد عفونی کننده و معطر

و غالباً نیز برای پوشاندن بوهای نا مطبوع مواد طباحی و بعضی غذاها استفاده می کردند. بعدها با توسعه یافتن روابط تجاری و فرهنگی بین کشورهای بزرگ مانند ایران، چین، هند و یونان، انتقال و تبادل اطلاعات بین مردم کشورها مورد توجه قرار گرفته و مصرف می شده و یکی از اقلام مهم تجاری بین المللی بوده است.

اما این کتاب

انگیزه اصلی تهیه این کتاب تلاش در جهت پاسخگویی به نیاز جامعه امروزی برای دستیابی و آگاهی به کیفیت و شناسایی بیشتر خواص و کاربرد مواد غذایی مفید مخصوصاً هفت سین بوده که متأسفانه سفره آن در چند روز اول عید نوروز مورد توجه واقع شده و بعد از آن اجزای سفره سنجید به جای ترویج در مصرف به موقع آن در جای مطمئنی قرار گرفته تا دوباره سفره هفت سین دیگری را آباد کند. از سوی دیگر استفاده از گیاهان و میوه‌ها لبنیات و خوراکی‌های مفید مانند اجزای سفره هفت سین همراه با تغییر سبک زندگی سالم و فعال می‌تواند در پیشگیری از بیماری‌های قلبی، سکته مغزی، دیابت سرطان و... مؤثر باشد و میزان آن‌ها را به نحو چشمگیری کاهش دهد.

مقدمه

نویسنده کتاب مثلث تندرستی، راز سلامتی و سلام دوچرخه، من ویزا ندارم و آمبولانس آقای علی اکبر میرزا آقایی (خوانساری) فردی محقق و علاقه مند به سلامتی آحاد مردم است که سالها سابقه کار و تجربه در کار آموزش دارد. کتاب کشف دوباره هفت سین یکی دیگر از آثار آقای میرزا آقایی بوده که طبق تحقیقات صورت گرفته، خواننده را به اصل خود و غذاهای اصیل برمی گرداند. اینجانب آن چه را که در ارتباط با سنجید در این کتاب مورد بررسی و نتیجه گیری قرار گرفته مورد مطالعه قرار دادم.

دکتر یدالله چیت سازان

فصل اول

کشف دوباره هفت سین:

خیلی وقت بود که تصمیم گرفته بودم در مورد هفت سین مطلبی جامع و کامل بنویسم و هرچه بیشتر در مورد اجزای سفره هفت سین مطالعه کردم موضوع برایم جالب تر شد. چرا هفت سین انتخاب شده نه هشت سین؟ اصلاً علت نامگذاری هفت سین چه بوده است؟ آیا ابتدا عدد هفت و سپس سین‌ها انتخاب شده یا برعکس اول سین‌ها بعد عدد هفت لازم انتخاب شده‌اند؟ سؤال دیگری که در ذهنم شکل گرفت این بود که آیا تقدم و تأخر نامگذاری سین‌ها مهم بوده یا نه؟ بعد در مورد خواص سین‌ها در سفره هفت سین به فکر فرو رفتم.

هفت سین نشانه چیست؟

دراولین جستجو در مورد هفت سین به کتاب فرهنگ لغات مراجعه کردم تا بدانم از

هفت سین چگونه یاد شده است؟ در صفحه ۱۳۹۲ فرهنگ عمید هفت سین را سفره
 یی که هنگام تحویل سال می اندازند و در آن هفت خوراکی که حرف اول اسم آن‌ها
 سین باشد، از قبیل سیر، سرکه، سیب، سماق، سمنو، سنجد و سبزه می‌گذارند و از
 آن‌ها به سلامتی سعادت و سر سبزی تفأل می‌زنند.

چرا هفت شین نه؟

در جستجوی دیگری در اینترنت به مطالب جدیدی دست یافتیم که فسه سین‌ها را به
 زمان کیانیان مربوط می‌دانست به طوری که ابتدا هفت سین، هفت شین بوده، بعضی
 ها هم هفت سین را به "هفت سینی" ربط آن داده یا اصل آن را هفت میم می
 دانسته یا ریشه یابی آن از سوی محققین جدی گرفته نشده است. تنها هانریش
 بروگشن آلمانی که در سال ۱۸۶۰ میلادی به تهران سفر کرده بود، می‌نویسد که
 ایرانیان برای نوروز گل‌هایی می‌کاشتند یا نانی می‌پختند که هفت غله داشته است.

هفت سین در کتب تاریخی و کهن

در این جستجوی دوست داشتنی به این نتیجه رسیدم که چیدن سفره هفت سین
 آن قدر که امروز رواج دارد در گذشته مورد توجه نبوده است. ابوریحان بیرونی هفت
 سین را از زمان جم می‌داند. پس از آن این رسم پایدار می‌ماند که برای نوروز مردم
 در هفت ظرف، هفت نوع غلات می‌کاشتند و سبز می‌کردند و از رویش و نمو این
 غلات، خوبی و بدی محصول و میزان کشت و کار در سال جدیدی که در پیش

روداشتند را حدس می‌زدند. شاید قدیمی ترین نشان از این سفره دوازده یا هفت ستونی بوده که جمشید بر روی آن حبوبات می کاشت و میزان رشد دانه در هر یک از ستونها اظهارنظر خیر به رویش آن دانه درروزگار آینده بود.

فلسفه عدد هفت چیست؟

در ارتباط با تقدس و نماد عدد هفت بر سفره هفت سین سخن بسیار است. حضور اسرار آمیز عدد هفت قبل و بعد از اسلام در فرهنگ ایران و حتی غیر ایران جلوه‌ای خاص دارد. در فرهنگ اسلامی از هفت طبقه آسمان و هفت مرحله سلوک عرفا، ایام هفته، هفت طواف دور خانه خدا گرفته تا هفت عضو بر زمین نهادن در هنگام نماز، هفت گاو چاق و لاغر که هفت سال فراوانی و هفت سال خشکی را خبر دادند. در فرهنگ قبل از اسلام نیز هفت فرشته اهورایی و هفت دریا در ایران، نمونه دیگری از تجلی اسرارآمیز عدد هفت است.

چرا هفت و چرا سین؟

در ارتباط با اینکه چرا هفت و چرا سین، باید گفت در نزد بیشتر ملل عدد هفت برگزیده و مقدس است. در سفره نوروزی انتخاب این عدد بسیار قابل توجه است، ایرانیان باستان هفت را به هفت جاودانه مقدس ارتباط می دادند. در نجوم عدد هفت، خانه آرزوها نامگذاری شده و رسیدن به خانه هفت امیدها را نوید می‌دهد. علامه مجلسی می‌گوید: آسمان هفت طبقه است و هفت ملکه یا فرشته موکل برآند و اگر

در موقع تحویل سال هفت آیه از قرآن مجید که با سین شروع می‌شود خوانده شود،
شخص از آفات زمینی و آسمانی محفوظ می‌ماند.

فصل دوم

سنجد نماد فرهنگی و فرزاندگی یک ملت

در بسیاری از متون ادبی از سنجد بعنوان نماد فرهنگی و فرزاندگی یاد شده زیرا به باور درمان گران طب سنتی و شیوه‌های طبیعی درمانی، سنجد بیشترین تأثیر گذاری را بر سلول‌های مغزی دارد و موجب تقویت آن‌ها شده و قوه ماسکه (قوه خودداری از گناه) را تقویت می‌کند به همین دلیل ما ایرانی‌ها از سنجد به عنوان یکی از فراموش نشدنی‌ترین سین‌های هفت سین استفاده می‌کنیم و براین باوریم که قرار دادن سنجد در کنار دیگر سین‌های هفت سین موجب تقویت حافظه، مغز و افزایش یاد گیری اعضای خانواده می‌شود و ادامه مصرف سنجد در روز موجب پاکسازی دستگاه گوارش به ویژه معده و روده است.

ای سنجد کمی در مورد خودت حرف بزن

ای مردم نام من در مناطق مختلف ایران باهم فرق می کند. در کردستان مرا بعنوان سرین چک، در آذربایجان ایده یا ایکده. در اطراف تهران پستانک و در اصفهان با نام غبیده بادام می شناسند. در کتب سنتی به من غبیرا، چوب دانه، نقد، بل می گویند و افغانستانی ها مرا جیده صدا می زنند. به زبان فرانسوی به من eleagn و به زبان عوام در فرانسه chaster و به انگلیسی oleaster و emian oleaster و Russian olive می گویند.

اکنون کمی در مورد مشخصات ظاهری من بدانید

من به صورت درختچه یی بزرگ یا کوچک می رویم. برگهایم بیضی شکل نیزه ای و روی آن نقره ای کبود و پشت آن نقره یی است و به همین دلیل است که به من غبیرا گردآلود هم می گویند. گل های کوچک زرد رنگ معطر من با عطر قوی که بوی آن تا فاصله زیادی استشمام شده، معمولاً ایجاد حساسیت می کند. این را هم بدانید که یک نوع سنجد از خانواده من به نام سنجد تلخ وجود دارد که در اطراف تهران و در دره کرج می روید که مردم با نام های سنجد تلخ، کام، کهام و در طالقان کاه و در میانه آذربایجان به نام چالی می شناسند. در کتب سنتی آن با نام های ابوقانس و غاسول رومی یاد می کنند. سنجد جزو معدود گیاهانی است که تمام بخش های آن از جمله چوب و برگ، میوه و ریشه آن قابل استفاده است.

مشخصات و میوه سنجد تلخ

سنجد تلخ درختچه‌ی بی است کوچک، خاردار، با برگهای نقره فام پشت برگ و بدون دم برگ، باریک، دراز و به طول ۲-۳ سانتی متر و عرض ۲۳ میلیمتر، گل‌های نر بدون پایک و گل‌های ماده پایکدار به رنگ مایل به سبز است.

میوه سنجد تلخ، تخم مرغی شکل و کوچک است، گوشتی به رنگ حنایی نارنجی دارد و طعم آن کمی ترش است. کاشت آن از طریق قلمه یا ساقه جوش به آسانی صورت می‌گیرد و خود به خود و به سرعت تکثیر می‌شود. این درختچه در اروپا و آسیای غربی و مرکزی تا چین به وفور وجود دارد و در شمال هیمالیا نیز می‌روید. در ایران در ارتفاعات البرز تا آذربایجان و در مناطق مختلف، دره طالقان و دره کرج تا ارتفاع ۲۰۰۰ متر وجود دارد.

حالا در مورد سنجد شیرین صحبت کنیم

میوه شیرین آن: میوه‌اش به شکل و ابعاد زیتون، گوشتدار، پوست نازک به رنگ قرمز نارنجی و گاهی نخودی و گوشت آن سفید نخودی است. قابض با طعم کمی شیرین و قابل خوردن است. درخت سنجد شیرین در اغلب مناطق معتدل و در سراسر ایران می‌روید و در اطراف تبریز زیاد است.

ترکیبات سنجد شیرین و تلخ

ترکیبات شیمیایی در پوست سنجد شیرین آلکالوئید اکنین و یک آلکالوئید چسبناک

روغنی وجود دارد. از اعضای گیاه و گل آن کمی اسانس روغنی جدا می‌شود. اما میوه سنجد تلخ منبع غنی ویتامین C اسکوربیک اسید و دی هیدرواسکوربیک است. یک فنجان چای از میوه آن محتوی حدود ۲۵ میلی گرم ویتامین C است که چندان پایدار نیست و اگر ۲۶ دقیقه در حرارت بماند از بین می‌رود ولی گرد عصاره میوه، ویتامین C خود را ۲ تا ۳ سال حفظ می‌کند و نیز پایدار است. میوه رسیده آن منبع کاروتن است بعلاوه دارای ویتامین B1 است. از میوه رسیده آن در حدود ۲۶ در صد، یک نوع چربی به رنگ قرمز نیز می‌گیرند که دارای بو و طعم نامطبوعی است و منبع غنی کاروتن به شمار می‌رود.

در سنجد چه خواصی نهفته است

خاصیت سنجد شیرین: در هند از روغن هسته سنجد یک ماده لیسید نی یا شربت غلیظی درست می‌کنند که در زکام‌ها و التهاب‌های مخاطی همراه با ترشح، همانند موارد زکام و هم چنین عفونت‌های برونشها مصرف دارد. در اسپانیا از شیر گل سنجد برای قطع تب‌های مهلک و خطرناک استفاده می‌شود.

خاصیت سنجد تلخ: از میوه ترش سنجد تلخ با کمک قند مربای خوش طعمی درست می‌شود. در هند شربتی را که از میوه‌های آن تهیه می‌شود برای رفع ناراحتی‌های ریه تجویز می‌کنند. جوشانده میوه سنجد تلخ برای رفع التهاب‌های جلدی و برافروختگی پوست به کار می‌رود. میوه تازه و خام آن برای دفع عوارض ناشی از

کمبود ویتامین C مصرف می شود.

طبیعت سنجد شیرین و تلخ

میوه سنجد شیرین از نظر طبیعت مطابق نظر حکمای طب سنتی سرد و خشک است و برای سرفه‌های گرم مفید و نیز قابض و مدر است. سنجد شیرین حالت تهوع و آشفته‌گی را تسکین می‌دهد و صفرا را قلع و قمع می‌کند و مانع ریختن مواد به معده می‌شود. سنجد تلخ از نظر حکمای طب سنتی نیز گرم و خشک است و از لحاظ خواص معتقدند که بازکننده گرفتگی‌ها و ضد اسهال، بلغم و زرداب است و برای رفع تشنگی مفید است. اگر یک گرم از عصاره ریشه آن با عسل خورده شود مسهل بلغم و زرداب و رطوبت‌های بدن است.

گل سنجد

گل سنجد طبق نظر حکمای طب سنتی گرم و خشک و خیلی معطر است. از نظر خواص مهیج شهوت خصوصاً در مورد زنان و دختران جوان است. (دختران جوان باید از خوردن آن اجتناب کنند) جوشانده یا دم کرده گل سنجد برای بیماری‌های دماغی مانند فلج و کزاز و نیز برای قلب و زخم‌های ریوی و تنگی نفس مفید است و همچنین برای تقویت معده و کبد و باز کردن گرفتگی‌ها و تحلیل گاز و نفخ و یرقان مفید شمرده می‌شود. مقدار خوراک از گل آن پنج گرم است که به صورت دم کرده یا جوشانده مصرف می‌شود.

برگ درخت سنجد و اختلالات کبدی

از برگ و ریشه سنجد در صنعت عطر سازی و خوشبو کننده‌ها استفاده می‌شود. مصرف دم نوش یا جوشانده برگ سنجد تأثیر بسیار زیادی در کاهش اختلالات کبدی و حتی درمان آنها دارد. سنجد سرشار از ویتامین A بوده. در رشد مو مؤثر است و برای درمان خارش پوست نیز توصیه می‌شود. سنجد با پوست قرمز دارای آنتی اکسیدان بیشتری است. در صورتی که برگهای درخت سنجد را در روغن زیتون بجوشانید تا به خوبی نرم و له شوند می‌توانید از این برای روغن برای ماساژ سر استفاده کنید. این کار موجب تقویت موها و افزایش رشد تار مو می‌شود.

بیماری هیپاتیتی و سنجد

در آخرین پذیرایی آموزشی که در یک سرای محله داشتم. باعث شد فردی خاطره‌ای از بیماری هیپاتیت خود را بیان کند، او گفت من دچار بیماری هیپاتیت شده بودم، پزشکم بعد از آزمایشات، دستورات دارویی لازم را نیز صادر نمود او در ادامه گفت: روزانه از غناب و پودر سنجد نیز استفاده کنم. من دقیقاً دستورات او را اجرا کردم و پس از مدتی با انجام آزمایش جدید مراجعه کردم که خوشبختانه پزشکم گفت دیگر نیاز به ادامه درمان نداری و بیماری تو خوب شده است. اومعتقد بود وقتی بیمار بودم و از پودر سنجد استفاده می کردم احساس خوبی داشتم.

ریشه درخت سنجد تلخ

ریشه سنجد تلخ مضر احشا و اعضای داخل شکم است واز این نظر حتماً باید با عسل خورده شود. برای گرفتن عصاره ریشه آن ریشه را گرفته، پس از تمیز کردن کوبیده و با فشار عصاره آن را از پارچه یی رد کرده سپس مصرف می کنند. توجه شود چون آلکالوئید دارد در مصرف عصاره ریشه آن باید کمال احتیاط به عمل آید و با نظر پزشک مصرف شود.

عطر سنجد شادی آور است.

هورمون‌هایی که از هیپوفیز ترشح می شوند، بوی معجزه انگیز عطر سنجد را به بخشی از مغز می رسانند. این اشتهاهای جنسی در هر جنس مذکر و مؤنث را فزون بخشیده و بر فعالیت غده‌های جنسی می افزاید. این عطر همچنین تقلیل دهنده فشار روانی بوده با معطر نمودن آن احساس شادابی، خوشی و آرامش روانی ایجاد می کند. بوی هورمونی عطر سنجد بر دستگاه‌های دفاعی می تواند به روند ساخته شدن هورمون‌ها، گرایش شخصی، حرارت بدن و ساخته شدن انسولین، سوخت و ساز بدن، سطح هورمون استرس، هورمون‌های جنسی، سازمان دهی دفاعی بدن، افکار و عکس العمل آگاهانه تأثیر گذارمی باشد. عطر سنجد با تحریک مغز در ترشح انتقال دهنده‌های عصبی، موجب حالات روانی خاص می‌شود.

سلامتی لثه و دندان‌ها با سنجد

می‌خواهم به بزرگترها و کوچکترها توصیه کنم به جای استفاده از بعضی از میان وعده‌های امروزی مثل شکلات، چیپس، پفک، بیسکویت و... از میان وعده سالمی مثل سنجد که هفده نوع اسید آمینه و چندین نوع ویتامین مثل ویتامین C, E, K و املاح مفید و کلسیم دارد و برای پیشگیری و درمان لثه و دندان و جلوگیری از خونریزی آن‌ها مفید است، استفاده کنند. خوردن تعدادی سنجد در روز که کمی سفت بوده و نیاز به جویدن دارد از ورود عفونت به بدن جلوگیری کرده و باعث استحکام بیشتر دندان‌ها و استخوان‌ها می‌شود. از سوی دیگر می‌تواند قوی شدن ساق پا را تضمین کند. بزرگ‌ترها دقت داشته باشند، در صورتی که هسته آن را به مدت حداقل نیم ساعت تا یک ساعت زیر زبان نگه دارند، موجب ترشح بیشتر بزاق شده، دندان‌ها را تمیز کرده و در نهایت هسته هم نرم شده و با جویدن قابل خوردن می‌شود و برای بهبود ناراحتی معده مفید است.

سنجد و سکسکه

آیا تا کنون دچار سکسکه شده‌اید؟ اگر جواب آن مثبت است خوب می‌دانید که چقدر آزار دهنده است. در صورتیکه سکسکه فرد به راحتی فوری قطع نشد، می‌توان با خوردن حدود ۵۰ عدد سنجد و یک لیوان شیر از این مشکل نجات پیدا کرد.

سنجد و سردرد

گاهی اوقات انسان دچار سردردهایی می‌شود که هیچ علامت مشخصی ندارد. در این گونه موارد می‌توان از سنجد استفاده کرد چون سنجد مفرح و نشاط آور است.

سنجد و سرماخوردگی

روغن سنجد و میوه آن معجون بی نظیری در درمان سرماخوردگی محسوب می‌شود و علایم برونشیت را نیز کاهش می‌دهد. گاهی که به بعضی‌ها سنجد تعارف می‌کنم می‌گویند سرما خورده‌ام و از برداشتن سنجد از ظرف کوچک من خودداری می‌کنند. وقتی به آنان توضیح می‌دهم که سنجد برای سرماخوردگی خوب است. تعجب می‌کنند! این عده برای سرماخوردگی ویروسی که اگر دارو بخورند هفت روز طول می‌کشد تا خوب شوند و اگر دارو نخورند هم یک هفته طول خواهد کشید، به راحتی داروهای شیمیایی مصرف می‌کنند اما در مصرف سنجد که مقوی بدن است و برای سرماخوردگی مفید است، اکراه دارند!

سنجد و تقویت عملکرد قلب

آنچه در بررسی طولانی مدت و در منابع مختلف در مورد سنجد به‌دست آوردم آنقدر متنوع بود که باعث تعجب خودم شد و آن زمانی بود که متوجه شدم سنجد باعث تقویت عملکرد قلب هم می‌شود! همچنین مصرف سنجد موجب تعادل بلغم می‌شود.

سنجد مانع رشد سلول‌های سرطانی است

سنجد به دلیل داشتن ویتامین‌های A-C-D-E ، هفده نوع اسید آمینه، پروتئین و هفت نوع چربی اشباع و غیر اشباع در درمان سرطان مؤثر است و از رشد سلول‌های سرطانی جلوگیری می‌کند.

فصل سوم

سنجد و ترک سیگار

افراد سیگاری که واقعاً می‌خواهند سیگار را ترک کنند، خیلی خوب توجه کنند. اگر علاقه دارید از این خوش منظره بد سیرت نجات پیدا کنید و آینده‌ی سالم برای خود رقم بزنید، سعی کنید مقداری سنجد تهیه کرده، آنرا به صورت بهداشتی در کیف یا جیب‌تان داشته باشید و در زمانی که احساس می‌کنید باید سیگار بکشید، یک سنجد میل بفرمایید (البته من به شما نمی‌گویم سیگار همراهتان نباشد) چون در نظر دارم شما از نیروی اراده که موتور حرکتی عقل است، سود ببرید. یعنی با وجود سیگار شما این توانایی را پیدا می‌کنید که سیگار نکشید. بنابراین در اولین احساس سیگار کشیدن بعد از تصمیم‌گیری جدی، نوبت قدم بعدی یا اقدام عملی یعنی سیگار نکشیدن است. البته کمی سخت است ولی امکانش وجود دارد. چون جدیت امروز باعث پیروزی فردا است! فقط باید به خاطر داشته باشید که شما تصمیم دارید

به تدریج از سیگار خدا حافظی کنید. حالا وقتی براساس عادت احساس کنید باید سیگار بکشید بلا فاصله یک سنجید در دهان بگذارید. پوست و گوشت آن را بخورید و هسته آن را در دهان نگه دارید. بعد از جویدن کمی دهانتان حالت گسی پیدا می کند که ممکن است از مزه گسی خوشتان نیاید ولی مقاومت کنید. چون شما دارید یک کار بزرگ انجام می دهید. بعد از آن که حالت کسی از بین رفت و هسته کاملاً از گوشتش پاک شد و کمی بزاق در دهانتان ترشح شد، آن را زیر زبان نگه دارید. گهگاهی هسته را در دهان جابجا کنید و با استفاده از فشار دادن هسته با دندان که با احتیاط خواهد بود، مطمئن شوید هسته نرم شده است. وقتی هسته کاملاً نرم شد هر چند دقیقه یک بار با دندانتان روی هسته کمی فشار بیاورید تا از له شدن آن باخبر شوید. زمانی که هسته را له کردید و دوباره آن را مانند آدامس بجوید، هسته رشته رشته می شود. بعد، آن را همچنان مانند آدامس بجوید. وقتی از جویدن خسته شدید آن را قورت دهید. چون باقیمانده له شده سنجید کاملاً برای معده و روده مفید است و اسید معده را جذب کرده و به تخلیه تفاله غذا در روده کمک می کند. در پایان خودتان قضاوت خواهید کرد که چه احساسی از این اقدام خواهید داشت؟ حداقل این کار را به مدت پنج روز تکرار کنید. برابر تجربه احساس خوب بیشتر از ناراحتی است و شما به راحتی موفق خواهید شد تا از کشیدن سیگار نجات پیدا کنید و این تجربه را عاشقانه به دیگران خواهید گفت.

داروها در دراز مدت با بدن ما چه می‌کنند؟

براساس آنچه پزشکان توصیه می‌کنند، مصرف بیش از حد و افراطی دارو بسیار خطرناک است. مگر زمانی که ضرورتی غیر از آن وجود نداشته باشید. چرا که با افزایش مصرف دارو بیماری‌های مختلف مخصوصاً پوکی استخوان که از نظر مرگ و میر با سکت قلبی و مغزی برابری می‌کند، ایجاد می‌شود. زیرا در اینگونه موارد فرد بعد از ناتوانی و تعویض مفصل پا و کم شدن کیفیت زندگی و وابستگی شدید به کمک دیگران ممکن است در اثر شکستگی استخوان بدلیل بیماری آمبولی (در زمان شکستگی بدلیل پوکی استخوان چربی وارد خون شده و رگها را مسدود می‌کند). شخص دچار مرگ شود. از سوی دیگر افراد به دلیل عدم پیشگیری اولیه ممکن است دچار بیماری‌های مختلف شده و مجبور شوند که در مدت طولانی یا تا آخر عمر از دارو استفاده کنند. از طرفی بدن تا سی و پنج سالگی بر اثر تغذیه خوب و فعالیت بدنی با پس انداز کردن کلسیم در استخوان‌ها باعث تراکم آن‌ها شود. ولی بعد از سی و پنج سالگی آغاز برداشت کلسیم از استخوان شروع می‌شود. شما می‌توانید با استفاده از تغذیه سالم مخصوصاً خوردن میوه سنجد که مظلوم واقع شده به عنوان پیشگیری، حداقل از یک بیماری مانند ناراحتی معده که افراد زیادی از مردم جامعه را در گیر کرده و عده آن‌ها در ماه مبارک رمضان زیاد می‌شود جلوگیری کنید. بنابراین افراد می‌توانند با قرار دادن سنجد به عنوان میان وعده غذایی علاوه بر پیشگیری از ناراحتی گوارشی مخصوصاً ناراحتی معده به تراکم استخوان خود کمک کرده و از سایر

مزایای سنجد نیز بهره ببرید.

درمان ناراحتی معده با سنجد:

به نام خداوند شفا دهنده. من سارا کلهی کارشناس شیمی و سی سال هستم. تقریباً از روزی که خودم را شناختم از ترشح زیاد اسید معده بعد از خوردن هر چیزی رنج می بردم و تنها راه حل آن مصرف قرص رانی تیدین بود. در نهایت با کمی تحقیق متوجه شدم که این درد به دلیل داشتن گروه خونی O در من تا آخر عمر باقی خواهد ماند. به همین خاطر بسیار غصه می خوردم، چرا که از مصرف زیاد رانی تیدین با ترکیبات شیمیائی در عذاب بودم، تا روزی که به خواست خداوند مهربان در فرهنگ سرای رسانه در نزدیکی مسجد قباب تهران و در کلاس های طب سنتی آقای میرزاآقایی خوانساری شرکت کردم. در همان جلسه اول که ایشان بعد از نام خداوند مهربان از ما با میوه مظلومی به نام سنجد پذیرائی کردند، من تا آن روز سنجد را سالی یک بار آن هم فقط در سفره هفت سین می دیدم و بی تفاوت از کنارش می گذشتم ولی بعد از شناخت سنجد توسط آموزش فهیمدم که خداوند مهربان چه نعمتی آفریده و من با این سن و سال و بیماری از آن کاملاً بی خبر بودم. به توصیه استاد، طی روز بین ۵ تا ۷ عدد سنجد خوردم که تقریباً بعد از یک هفته قرص رانی تیدین را به فراموشی سپردم در پی آن برایم یقین شد که سنجد و هسته اش اسید معده مرا تنظیم کرد، و به این ترتیب خیالم را راحت و بدن و روحم را تندرست کرد. از خداوند مهربان سپاسگزارم که به من توفیق داد در کلاس های آموزشی آقای

میرزاآقایی شرکت کنم و با استفاده از سنجد بعد از سال ها رنج و عذاب نجات پیدا کرده و از مصرف قرص رهایی یابم. سلامت باشید. سارا گلهی پاییز ۹۳

بفرمایید یک صبحانه سنجدی

زمانی که تصمیم گرفتید صبحانه را وعده اصلی خود قرار دهید سعی کنید یک روز صبح یک صبحانه سنجدی میل بفرمایید. چگونه؟ به شما می گویم. از قبل مقداری پودر سنجد تازه تهیه کرده و آن را در جای خنکی قرار دهید و در زمان خوردن صبحانه یک قاشق غذاخوری از آن را در پیاله یی کوچک بریزید و آن را با شیر انگور یا خرما یا عسل یا ارده شیر مخلوط کنید، طوری که مانند خامه شود، می توانید برای کاهش مواد شیرینی مخصوصاً برای بیماران قندی با یک یا دو قاشق شیر این معجون را آماده کرده، آن را مانند پنیر و حلوا یا خامه روی نان سنگک کنجدی و یا نان دیگری که دوست دارید، بمالید و با یک لیوان شیر که برای خود و دیگر اعضای خانواده آماده کرده اید با نام خداوند مهربان یک لقمه نان خامه یی سنجدی در دهان بگذارید و خوب بجوید و میل فرمایید و روی آن یک جرعه شیر بنوشید. و ضمناً تا قبل از این که سیر شوید خوردن را متوقف کنید. این یک صبحانه کیفی و کمی برای کسانی است که فعالیت فکری و جسمی متعادلی دارند. این تجربه را اینجانب در روزهای متعددی تکرار کردم و با حدود حداقل سه تا پنج کیلومتر دوچرخه سواری احساس گرسنگی نکردم.

سنجد و خواص شگفت انگیز آن

سنجد به دلیل داشتن بیش از هفده اسید آمینه در درمان زخم معده مؤثر بوده، همچنین به دلیل وجود ویتامین‌های k و c می‌تواند باعث جلوگیری از خونریزی شود.

شاهد اول

من در زمستان سال ۱۳۹۳ در فرهنگسرای رسانه تهران در کلاس‌های آقای میرزا آقایی خوانساری شرکت کردم. زمانی که با خواص سنجد آشنا شدم برای مادر بزرگم که دارای ناراحتی معده بود مقداری سنجد به عنوان سوغاتی به شهرستان فرستادم. او هر روز بین ۳ تا ۴ عدد سنجد خورد و ناراحتی معده‌اش که چندین سال او را اذیت می‌کرد بهبودی یافت.

باز کردن دریچه سلامتی با سنجد

پوکی استخوان یا بیماری خاموش، چهارمین عامل مرگ و میر در جهان شناخته شده است که از هر ۴ نفر بالای ۲۵ سال یک نفر به آن مبتلا است. ولی اخیراً درمان ساده، عالی و بی خطر برای آن پیدا شده است. این راه حل نتیجه محققان طب سنتی و نقل از ابوعلی سینا می باشد. اگر آرد و هسته میوه سنجد را با هم آسیاب کرده به مصرف برسانید، بیماری آرتروز، روماتیسم و پوکی استخوان را بطور چشم گیری شفا می‌دهد و موثرترین راه درمان است. طرز تهیه آن: مقداری سنجد تازه را با پوست، گوشت و هسته آن بوسیله آسیاب برقی بصورت پودر در بیاورید. البته آماده آن در عطاری

های مجاز وجود دارد، ممکن است دستگاه آسیاب خانگی آسیب ببیند) سپس یک قاشق غذا خوری از پودر را داخل یک لیوان شیر تازه کم چرب بریزید و با یک قاشق عسل آن را شیرین کنید و به عنوان یک وعده غذایی یا یک میان وعده میل کنید. این ترکیب در درمان پوکی استخوان و درد مفاصل مخصوصاً زانو درد معجزه کنید. برای درمان سریع تر هر روز صبح نیم ساعت قبل از صبحانه و ناشتا به مدت ۱۵ روز نوش جان کنید. این جانب در بعضی از روزها دو قاشق پودر سنجد را با یک عدد سیب به عنوان نهار می خورم و تا شب احساس خوبی دارم.

پودر و برگ سنجد و بیماری خاموش

همانطور که می دانید، ساختمان بدن انسان نیاز مبرمی به لبنیات دارد. متأسفانه عده‌ای از افراد از مصرف لبنیات و سایر مواد مورد نیازشان خودداری می کنند وعده‌ای هم به جای مصرف لبنیات از نوشیدنی‌های مضر و گاز دار استفاده کرده و باعث خساراتی شدید به بدن می‌شوند. سنجد منبع غنی کلسیم است و به گفته درمان گران طب سنتی ترکیب پودر سنجد با یک لیوان شیر بهترین دارو برای جلوگیری از نرمی و پوکی استخوان است. البته کسانی که باخوردن شیر دچار مشکل می شوند، می توانند با سایر لبنیات آن را میل کنند و یا با آب مصرف کنند. جوشانده برگ درخت سنجد درون روغن زیتون و ماساژ آن براستخوان ها و مفاصل موجب کاهش دردهای ناشی از ورم و التهاب مفاصل می‌شود.

یک تجربه شخصی

من زنی ۴۵ ساله هستم که چهار سال پیش دچار درد زانو شدم. درد شدید زانویم به هیچ وجه با درمان‌های عادی خوب نمی شد تا اینکه عمویم توصیه کرد از پودر سنجد استفاده کنم و خودش برایم آماده کرد و آورد. بعد از سه چهار روز که مصرف کردم درد زانوی من تمام شد.

(سرای محله شهر زیبا آبان ماه ۹۳)

نانو کپسول گیاه سنجد چه می‌کند؟

یکی از اعضای باشگاه پژوهشگران جوان و نخبگان علوم دارویی موفق به ثبت اختراع سنتز نانو کپسول سنجد با استفاده از فرایند انتشار امولسیون شد. خانم صدیقه نیکنام دانشجوی مقطع کارشناسی ارشد شیمی کاربردی واحد علوم دارویی، که از همکاران کمیته فناوری نانو سازان غذا و دارو به شمار می‌رود، توانست اختراع خود را با عنوان سنتز نانو کپسول گیاه سنجد با استفاده از فرایند انتشار "امولسیون" به ثبت برساند. این مخترع جوان بیان کرد: نانو کپسول‌های عصاره سنجد ساخته شده با اندازه ذرات زیر ۱۰۰ نانومتر به دلیل ریز بودن ذرات قابلیت نفوذ پذیری به سخت‌ترین بافت‌های بدن را دارند. وی تاکید کرد: امکان غنی سازی عصاره سنجد با تشکیل نانو کپسول از عصاره وجود دارد به گونه ای که میزان کلسیم در نانو کپسول عصاره پنج برابر میزان کلسیم در عصاره اولیه است. علاوه بر این به دلیل وجود لایه پلیمری از تخریب

محیطی نیز محافظت می‌شود.

شاهد دوم

فردی تعریف می‌کرد: به دلیل استخوان درد و آرتروز در مسافرتی که به آلمان داشتم به یک پزشک متخصص مراجعه کردم. او تعدادی کپسول برای درمان به من داد که بعد از مدتی متوجه شدم ترکیبات داخل کپسول پودر سنجد است.

شاهد سوم

فردی می‌گفت بنا به توصیه استاد میرزا آقایی خوانساری در ظرف کوچکی برای همسرم مقداری سنجد گذاشته بودم تا در اداره گاهی از آن استفاده کند. شوهرم نیز در اداره به همکارانش سنجد تعریف می‌کند. یکی از همکاران همسرم که در خارج از کشور زندگی می‌کند، به او گفته بود در کشور آلمان قرص‌هایی برای آرتروز و پوکی استخوان برای افراد مسن تجویز می‌شود که از تجزیه آن معلوم شده که داخل کپسول پودر سنجد است.

پیروزی عصاره سنجد بر استامینوفن در آرتروز

گروهی از پژوهشگران دانشگاه‌های علوم پزشکی بقیته الله، شهید بهشتی و دانشگاه تهران تأثیر قرص عصاره سنجد و استامینوفن در کاهش درد ۱۲۰ بیمار مبتلا به آرتروز با درد زانو با شدت درد متوسط تا شدید را بررسی کردند. بیماران به مدت ۷ هفته با قرص‌های عصاره سنجد و استامینوفن تحت درمان قرار گرفتند. بر پایه این

بررسی که مشروح آن در مجله پزشکی کوثر منتشر شده است، برای کاهش درد ناشی از آرتروز، استفاده از عصاره گیاهی سنجد مؤثرتر از استامینوفن بوده است. شما می توانید هر روز نیم ساعت قبل از صبحانه مخلوطی از پودر سنجد و شیر میل کنید و در مدتی کوتاه معجزه آن را ببینید.

فصل چهارم

سنجد گرسنگی را برطرف می‌کند

سنجد سرشار از فیبر است که گرسنگی را کاهش می‌دهد و خاصیت سیر کنندگی بالایی دارد، از طرف دیگر سنجد ضد بلغم، مفرح، مقوی و مدر بوده و برای جلوگیری از قطره قطره آمدن ادرار بسیار مفید است. نا گفته نماند که مصرف زیاد سنجد یبوست می‌آورد. پس بهتر است هسته سنجد را مانند آدامس مدتی در دهان و زیر زبان نگه داشت تا نرم شده، سپس جویده و بعد میل شود، به این ترتیب یبوست کاهش پیدا می‌کند.

سنجد داروی کنترل خشم

اینجانب خانمی ۴۳ ساله با تحصیلات لیسانس روانشناسی هستم که در کلاس طب

سنتی آقای میرزاآقایی خوانساری در سرای محله شهرک آزمایش شرکت کردم و با خواص و چگونگی استفاده از تمام اجزای خوردنی میوه سنجد آشنا شدم. چون در کلاس گفته شده بود، هسته سنجد را بلافاصله از دهان بیرون نیندازید و مدتی مانند آدامس آن را در دهان نگه دارید تا هسته آن باز شود، این کار را دقیقاً انجام دادم و یک تجربه خوب درراندگی بدست آوردم. به این ترتیب که اگر یک عدد سنجد در دهان داشته باشی و تا آخر آن را در دهان نگه داری، هسته با نرم شدن، خشم شما را کنترل می شود. یا به عبارتی دیگر، شما خشم تان را به دلیل معضلات موجود در خیابانها مثل بی دقتی راننده‌ها کنترل می کنید. همچنین روی ریفלקس معده (بازگشت اسید از معده به داخل گلو) اثر بسیار خوبی می گذارد. بنده دیگر از آدامس که مضرات بسیاری دارد استفاده نمی کنم چون سنجد با تمام فوایدش جای آدامس مضر را برایم گرفته است.

یک پیشنهاد به همه مردم

به همه مردم علاقه مند به فضای سبز پیشنهاد می‌شود، در مناطقی که رویش نهال سنجد سابقه دارد، نسبت به غرس این درخت با ارزش اهتمام ورزیده و در فصل و زمان مناسب و با توجه به راحتی کاشت نهال سنجد که مانند گل شمعدانی با قلمه زدن شاخه جوانه زده یا ساقه جوش آن امکان پذیر است، از این کار غافل نشوند، بنده در روستای محل تولد در نزدیکی خوانسار با همین روش چندین نهال سنجد کاشتم

که خوشبختانه در سال بعد با رویش برگهایش به من جانی دوباره داد.

ضعیف‌ترین حافظه و کوچکترین مهربانی

در این راستا آذربایجانی‌ها یک ضرب‌المثل پر معنا دارند که می‌گویند: "یک قهوه تلخ صد سال احترام دارد" اکنون افتخاری نصیب من شده که در زمان و مکان‌های مختلف به افراد خرما، عناب و در این اواخر سنجد تعارف کرده و خواص آن را نیز با حوصله بیان می‌کنم، نتیجه آن، به دست آوردن دوستان جدید فراوانی بوده و رفقای قدیمی نیز محبتشان بیشتر شده است. آخرین نفر هنرمند نقاشی بود که در آستانه بازگشایی مدارس در حال نقاشی و خطاطی بر روی دیوار یک مدرسه بود، تصاویر بسیار زیبا همراه با نوشته خوش خطی که چنین بود: فرزند داشتنی نیست، ساختنی است! متفکرانه نزد او رفتم و ضمن گفتن خدا قوت، ظرف کوچک سنجد را مقابلش گرفتم و گفتم حتماً هسته‌اش را زیر زبان نگه دارد تا نرم شده و سپس با دندان آنرا له کرده، بجود و بخورد. او علت را پرسید من برایش توضیح دادم. چند روز بعد که از آن مسیر رد می‌شدم او را در نزدیکی آن مدرسه دیدم که با حالت خوش و خندان با من احوالپرسی کرد و گفت: تجربه خوردن سنجد و نگه داشتن هسته آن در زیر زبان را انجام دادم و به بیست نفر هم توصیه کردم. او انسان آگاه و هنرمندی بود که به این طریق تجربه مرا پاسخ داد و این ضرب‌المثل که می‌گوید: ضعیف‌ترین حافظه، کوچک‌ترین مهربانی را فراموش نمی‌کند. در اینجا معنی پیدا می‌کند. هدفم از بیان

آن به شما خواننده خوب، این مطلب است که شما هم سعی کنید در یک ظرف بهداشتی کوچک در کیف یا جیبتان مقداری خوراکی سالم از جمله سنجد داشته باشید و ضمن اینکه آن را در زمان مناسب تناول می‌فرمایید این حس خوب را به دیگران نیز هدیه بدهید و باز خورد آن را تجربه کنید.

مدیریت عطش باسنجد

در یک سفر آموزشی که در نیمه دوم سال به منطقه گازی عسلویه داشتم، سعی کردم حدود یک کیلوسنجد همراه داشته باشم تا بتوانم در جهت اشاعه مصرف این خوراکی مفید و مؤثر تلاش کنم. بنابراین از زمانی که در هتل مستقر شدم به همراهانم توصیه کردم سنجدی که تقدیم شان می‌کنم بعد از خوردن پوست و گوشت آن، هسته‌اش را زیر زبانشان نگه دارند تا علاوه بر رفع تشنگی در آن منطقه که همه در گیرش بودند به رفع گرسنگی خود هم کمک کنند. خداوند تأثیر گذاری حرف انسان روی دیگران را در عمل به آن توسط گوینده تعهد کرده است. به همین خاطر حرفم در بیش از نود درصد موارد حتی اشخاص ناشناس، مؤثر بود و آنان طبق پیشنهاد من رفتار می‌کردند. بعد از یک روز یا بیشتر همراهانم اعم از خانم‌ها و آقایان این نظریه را تأیید کردند. این امر باعث شد که دیگر مخاطبان بومی منطقه مخصوصاً کارکنان و باغبانان که در فضای باز مشغول باغبانی بودند توجهم را جلب کنند تا آنان را هم به عنوان افراد تأثیر گذار انتخاب کنم. تا پس از آن باز خورد، نظرات را به عنوان

یک دستاورد در جای جای ایران اسلامی و سایر نقاط جهان تعمیم دهم. همچنین در زمان رفتن به رستوران برای صرف صبحانه و ناهار با باغبانان ارتباط کلامی برقرار کنم که بعد از چند بار سلام و علیک و خدا قوت، ارتباط عاطفی هم برقرار شد و حالا نوبت تعارف سنجد و گفتن خواص آن مخصوصاً ضد عطش بودن هسته سنجد در آن هوای گرم برای باغبانان بود. با لطف و یاری خدای مهربان این تجربه هم مفید واقع شد و باغبانان در روزهای بعد با یک احساس خوب با بنده رفتار می کردند و از این که در آن روز کمتر آب مصرف کرده و احساس سیری داشتند، تشکر می کردند.

آشتی کارکنان و خانواده ها با سنجد

کار اصلی مادر نود کیلومتری عسلویه و در شهرک جم بود که هرروز بعد از ظهر باید به آنجا می رفتیم و هر کس به فراخور کارش خدمات لازم را مانند آنچه شهرداری‌ها در ایام خاص در پارک‌ها در جهت ترویج سبک زندگی سالم برای شهروندان فراهم می‌آوردند، انجام می‌دادیم. کار این جانب آموزش رفتار خوراکی سالم بود که دوبار در تالار اجتماعات برای کارکنان و خانواده‌های آنان سخنرانی داشتم، و بقیه اوقات هم تا حدود ده شب مشاوره فردی می‌دادم و در تمام جلسات با سنجدهایی که همراه داشتم از مدعوین همراه با گفتن خواص آن پذیرایی می‌کردم که بازخورد آن مانند پذیرایی از کارکنان هتل و باغبانان موفقیت آمیز بود. از سوی دیگر در شهرک جم بیشتر مخاطبان خانم‌ها بودند که تأثیر گذاری کار را چند برابر می کرد و به این

ترتیب کارگران، مهندسان و خانواده‌های محترم آنان نیز با سنجد آشتی کردند. تمام
شد. ای مردم عزیز ساده نوش و ساده پوش و سخت کوش باشید.